

## How to wear a face mask and care for it

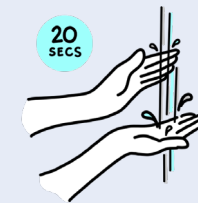


**Wearing a face mask protects you and your community by providing an additional physical barrier to coronavirus (COVID-19).**

**If a face mask is not available other forms of face covering may be used such as a scarf or bandana.**

There are two types of face masks you can use: cloth masks and surgical masks.

- Cloth masks are made of washable fabric and can be washed and re-used.
- Surgical masks are single-use masks and **cannot** be washed or re-used.



### How to wear a face mask

Wash your hands before putting on the mask.



Make sure it covers your nose and mouth and fits snugly under your chin, over the bridge of your nose and against the sides of your face.



### Do not touch the front of the mask while wearing it.

If you do touch the mask, wash or sanitise your hands immediately. Do not allow the mask to hang around your neck.



To remove the mask wash or sanitise your hands first. Carefully remove your mask by grasping the ear loops or untying the ties. For masks with a pair of ties, unfasten the bottom one first, then the top one.



If your mask has filters, remove them and throw them away. Fold the mask and put it directly into the laundry or into a disposable or washable bag for laundering. Single use surgical masks should be disposed of responsibly.

Wash or sanitise your hands after removing the mask.

### For more information on face masks, including how to make your own visit

Department of Health and Human Services (DHHS) website

<[www.dhhs.vic.gov.au/face-masks-covid-19](http://www.dhhs.vic.gov.au/face-masks-covid-19)>

If you need an interpreter, call TIS National on 131 450

For information in other languages, scan the QR code or visit

DHHS – Translated resources - coronavirus (COVID-19)

<[www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19](http://www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19)>



### For any questions

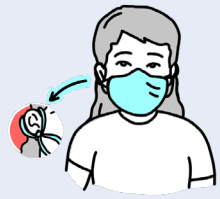
**Coronavirus hotline 1800 675 398 (24 hours)**

**Please keep Triple Zero (000) for emergencies only**



## Caring for your re-usable cloth mask

These care instructions are for cloth masks only.  
Cloth masks should be washed before use.



### Fitting your mask

Wear your cloth mask to tightly cover your mouth, nose and chin.  
You can tie a knot in the strap for a better fit.  
Throw away your mask if the fabric is old, thin or no longer fits.



**Do not share your mask with other people.**  
**Do not wear other people's masks.**



### Washing your mask

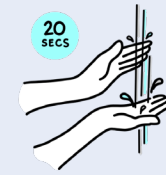
**Cloth masks should be washed each day after use.**  
Cloth masks re-used without being washed can become contaminated and may not protect you.



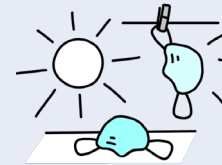
Cloth masks are machine washable.  
Wash your mask in hot water (60°C)



Wash your mask with soap or laundry detergent.  
Do not use bleach.



Always wash your hands immediately after washing your mask



Dry your mask before re-using it.  
If possible, lay your mask out flat to dry in direct sunlight



Do not tumble dry or iron your mask.

### What you need to keep doing

- **Wash your hands regularly**
- **Keep 1.5 metres from others**
- **Get tested, even if you have mild symptoms**
- **Stay home if you're feeling unwell.**