

HOW TO USE A FACE MASK SAFELY

SOME KEY POINTS

- Never share face masks with other people.
- You are advised not to wear the same mask for many hours – three to four hours at most each day.
- Bring at least one or two spares to school daily.
- Keep the spare masks in a sealed bag.
- It is recommended that you bring to school a paper bag or paper tissue, in which you can stow your mask (outer surfaces folded together) when you eat breakfast and lunch.

WHILE WEARING A FACE MASK

- Do not touch the front of the face mask. If you do, clean your hands and dry thoroughly.
- Avoid touching your face, as infection can still be introduced by touching your eyes or if you are not wearing your face mask correctly.
- Face masks should not be moved around during use. This includes being pulled up or pulled down below your chin. If you need to remove your mask (for example to eat), remove it safely, dispose of it appropriately and clean your hands.
- Replace the face mask if it becomes damp, damaged or soiled.

SAFELY DISPOSING OF A SINGLE-USE SURGICAL FACE MASK

- ▲ **Fold, Tie, Wrap:** Take off the mask, fold it in half inwards, such that the droplets from the mouth and nose are not exposed. Then fold the mask into another half, and then another half, until the mask looks like a roll. The mask can also be wrapped with its ear loops that it will not unravel.
- ▲ Dispose in a closed lidded bin OR place into a bag and seal or wrap the mask in a piece of tissue before putting into a rubbish bin.
- ▲ Clean your hands after disposing of the face mask with soap and water or use hand sanitizer. Ensure your hands are dry.
- ▲ Do not re-use or try to disinfect single-use disposable face masks.

HOW TO SAFELY PUT ON A FACE MASK



1. Ensure your face mask is clean and dry and is not damaged.



2. Before putting on your face mask, clean your hands with soap and water or use hand sanitizer. Ensure your hands are dry.



3. Place the face mask over your nose and mouth and secure with ties or loops. Make sure the mask fits snugly, moulded to your face and around your nose. Make sure the mask fully covers your nose, mouth and chin. Your mask should be comfortable, with no gaps between the mask and your face, and it should allow you to breathe easily.

4. Clean your hands again.



HOW TO SAFELY REMOVE A FACE MASK

1. Clean your hands with soap and water or use hand sanitizer. Ensure your hands are dry.
2. Remove the face mask from behind (do not touch the front of the mask) by untying ties or removing loops and pull it away from your face. Be careful not to touch your eyes, nose and mouth when removing your mask.
3. Ensure your mask is clean and dry if planning to reuse.
4. If a mask is soiled or wet dispose it.
5. If storing for reuse, place it in a clean paper bag
6. Clean your hands again.



CLEANING CLOTH MASKS

- Wash the mask in a washing machine with detergent.
- After putting the mask in the washing machine, clean your hands with soap and water or use hand sanitizer.
- Dry the mask completely before you use it again. Do not use a damp mask.