

# When you wear a mask or face covering use it properly:



**Always clean your hands**  
before and after touching the mask.



**Cover nose, mouth, chin.**  
The mask must fit snugly over your nose, mouth and under your chin in order to be effective.



**Don't touch it!**  
There are germs! If you do, wash your hands again. Put it on and take it off using the ear loops/straps.



**Replace the mask**  
when it becomes damp, soiled or crumpled. If washable, keep it in a plastic bag until you get home, and immediately wash it with hot soapy water.

