



Maintain good hand hygiene



Stay 1.5m apart



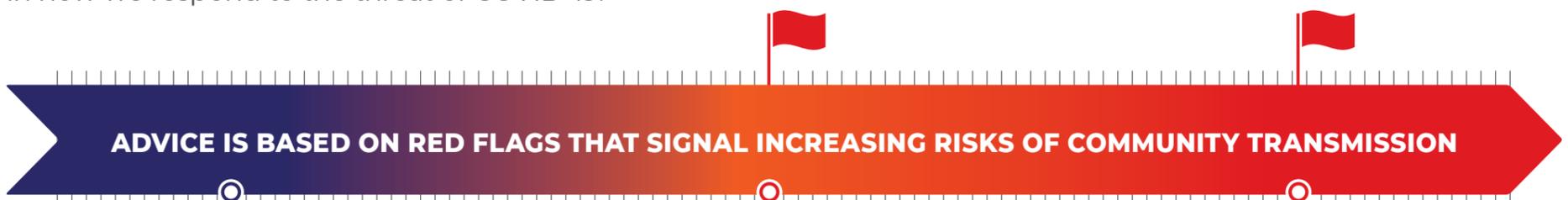
Stay home if you have symptoms of COVID-19 and get tested

FACE MASK GUIDANCE IN THE ACT



Continuing to practice good hand and respiratory hygiene, physical distancing, staying home if you are unwell and getting tested if you have symptoms of COVID-19 remain the best way to stop the spread and protect our community.

ACT residents are encouraged to prepare for a time when wearing a face mask may become another line of defence in how we respond to the threat of COVID-19.



ADVICE IS BASED ON RED FLAGS THAT SIGNAL INCREASING RISKS OF COMMUNITY TRANSMISSION

MASKS NOT REQUIRED

We recommend you wear a mask if you:

- have COVID-like symptoms such as coughing and sneezing, and need to leave your home for an essential reason (such as getting tested, seeking medical help or shopping for essential items like food or medication)
- are in quarantine or self-isolation and need to leave your home for medical attention.

Even though there is no public health recommendation to wear a mask, you may feel more comfortable wearing one. It's up to the individual to decide what's best for them.

MASKS MAY BE RECOMMENDED

Masks may be recommended:

- when you are unable to stay 1.5 metres away from others such as when travelling on public transport
- in high-risk indoor settings such as residential aged care facilities
- if there was an outbreak in a particular setting such as an apartment complex
- for those receiving or providing close personal care, such as disability supports

Certain groups of people are at higher risk of developing severe illness with COVID-19. Talk to your GP about how you can manage your own health risk and make a [COVID-19 Action Plan](#). Visit our [website](#) for more information.

In the workplace, a risk assessment may be required to determine if masks should be worn. If masks are recommended, surgical masks and advice on how to wear them are to be provided by the employer.

MASKS MAY BE MADE MANDATORY

Masks may be made mandatory:

- when you leave your home.

If this happens there would be very few exceptions for not wearing a mask. Some exceptions include:

- infants and children under the age of 12 years
- a person who is affected by a relevant medical condition, including problems with their breathing.

You would need to carry a mask when leaving your home, even if you don't need to wear it while undertaking a certain activity.

The red flags include:



Rapid increase in cases



Clusters or outbreaks



Increasing cases with no source identified

* This document will be updated as the situation evolves.