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:
• 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.

The red flags include:
- Rapid increase in cases
- Clusters or outbreaks
- Increasing cases with no source identified

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.

Further information at covid19.act.gov.au