HOW TO WEAR A FACE MASK

1. Wash your hands before putting on the mask.

2. Make sure your mask fits snugly, covering the bridge of your nose, mouth and chin. Your mask should not hang below your nose.

3. Wash or sanitise your hands after removing the mask.

4. Do not touch the front of your mask while wearing or removing.

5. Single-use masks must be discarded immediately. Reusable masks must be washed after each use.

Face masks that have unfiltered one-way valves should not be used.

People with chronic respiratory conditions should seek medical advice before using a mask.

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