**How to wear a face mask safely**

**Do's**
- Find the top side, where the metal piece or stiff edge is.
- Ensure the colored-side faces outwards.
- Place the metal piece or stiff edge over your nose.
- Cover your mouth, nose, and chin.
- Adjust the mask to your face without leaving gaps on the sides.
- Avoid touching the mask.
- Remove the mask from behind the ears or head.
- Keep the mask away from you and surfaces while removing it.
- Discard the mask immediately after use preferably into a closed bin.
- Wash your hands after discarding the mask.

**Don'ts**
- Do not use a ripped or damp mask.
- Do not wear the mask only over mouth or nose.
- Do not wear a loose mask.
- Do not touch the front of the mask.
- Do not remove the mask to talk to someone or do other things that would require touching the mask.
- Do not leave your used mask within the reach of others.
- Do not re-use the mask.

Remember that masks alone cannot protect you from COVID-19. Keep up COVID-safe behaviours such as using hand sanitiser, getting tested if you feel unwell, and staying up to date with COVID-19 vaccination.