Wearing a mask can help stop the spread of COVID-19

Wear a mask:
• indoors except in your own home
• outdoors when you are around other people

This is how you should wear your mask.

1. **STEP ONE**
   Wash your hands for 20 seconds with soap, or with an alcohol-based hand rub before you put on your mask. Washing your hands stops germs going from your hands onto your mask and face.

2. **STEP TWO**
   Make sure your mask is the right way up, and covers your nose, mouth and chin. Do not touch your mask when you are wearing it. You can make your own mask at home with these easy steps: www.health.nsw.gov.au/Infectious/factsheets/Pages/how-to-make-a-cloth-mask.aspx

3. **STEP THREE**
   Wash your hands again after you put on your mask.

4. **STEP FOUR**
   Try not to touch the front of the mask when you take it off.
   - If it is a cloth mask, put it into a plastic bag straight away and wash it before you wear it again.
   - If it is a disposable mask, put it in the bin straight away.

5. **STEP FIVE**
   Wash your hands again for at least 20 seconds with soap or an alcohol-based hand rub after taking off your mask.

Remember, the use of a mask and only a mask will not prevent you getting COVID-19. Staying two big steps away from people and washing your hands regularly are still the best ways to protect yourself.

> KEEP OUR MOB SAFE