How to fit and remove a surgical mask

Applying and wearing a surgical mask:

1. To apply hold the mask by the ear loops and place them around each ear.
2. Make sure the mask covers your nose and mouth.
3. Shape the metal strip at the top of the mask to your nose.

Important tips
Avoid touching the outside of the mask once you have applied it.
All surgical masks can be worn for four hours unless wet or soiled.
Masks should be discarded after use.

Removing your surgical mask:

1. Remove mask by touching the ear loops only.
2. Put the mask in the bin.
3. Clean your hands thoroughly for at least 20 seconds with soap and water, or an alcohol-based hand rub.

Thank you for helping us stop the spread of COVID-19
health.nsw.gov.au/coronavirus