Wearing a mask: dos and don’ts

- Do clean your hands before and after wearing it
- Do ensure it covers your nose, mouth and chin
- Do change your mask when wet or dirty
- Do be respectful of people who can’t wear masks
- Do keep 2 metres/6 feet from others

- Don’t touch your face or mask while wearing it
- Don’t hang your mask on your ear or wear it under your nose or chin
- Don’t wear a mask if it is hard to breathe
- Don’t put masks on children under age 2
- Don’t share your mask with others