COVID-19

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

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