WHY SHOULD I WEAR A CLOTH MASK?

✓ It will protect others from your germs
✓ When going out for groceries and essentials, the mask may offer some protection when you cannot keep 6 feet from others
✓ You can make your own mask with materials you already have

✘ Do not touch your face to adjust the mask to prevent contaminating your hands
✘ Don’t get a false sense of security and not keep 6 feet of distance
✘ Don’t wear dirty or damaged mask
✘ Don’t give to children under the age of two
✘ Don’t give to people with trouble breathing

Do not use medical masks as they are needed by health care workers. You still need to keep 2 metres apart and wash hands often.

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