When using a mask, choose one that is high quality and fits well

A medical mask or respirator will give better protection

Snug fit, breathable & comfortable

Cloth masks of at least 3 layers of tightly woven fabric, or 2 layers with a filter

Change it when it gets wet or dirty

Wear a mask where required. Masks are encouraged especially if you are at higher risk of COVID-19 or in a crowded indoor space with poor ventilation.