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| Face masks What you can and cannot wear |
| Accessible |

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**A fitted mask needs to be worn covering both your nose and mouth.**

**You can wear a face shield with a fitted face mask.**

**A fitted snood, Buff® or gaiter can be worn covering both your nose and mouth.**

There are two types of face masks you can wear:
cloth masks and surgical masks.

* Cloth masks are made of washable fabric and can be washed and re-used.
* Surgical masks are single-use masks and cannot be washed or re-used.

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**You cannot wear a bandana or scarf on its own.**

**You cannot wear a face shield on its own.**

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**You cannot wear a loose snood, Buff® or gaiter on its own.**

# How to put your mask on

| Image | Step |
| --- | --- |
| washing hands for 20 seconds | **Step 1:** Wash your hands with soap and water before putting on the mask. |
| woman wearing a mask | **Step 2:** Make sure the mask covers your nose and mouth and fits snugly under your chin, over the bridge of your nose and against the sides of your face. |
| woman touching a mask | **Do not touch the front of the mask while wearing it.****Step 3:** If you do touch the mask, wash your hands with soap and water or sanitise your hands immediately.Do not allow the mask to hang around your neck. |

# How to take your mask off

| Image | Step |
| --- | --- |
| woman removing mask by grasping ear loops | **Step 1:** To remove the mask, wash your hands with soap and water or sanitise your hands first. **Step 2:** Carefully remove your mask by grasping the ear loops or untying the ties. For masks with a pair of ties, unfasten the bottom one first, then the top one. |
| washing hands using soap dispenser | **Step 3:** If your mask has filters, remove them and throw them away.**Step 4:** Fold the mask and put it directly into the laundry or into a disposable or washable bag for laundering. Single-use surgical masks should be disposed of responsibly and not be re-used.**Step 5:** Wash your hands with soap and water or sanitise your hands after removing the mask. |

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