PROPER WEARING OF MASKS

PLATINUM HEALTH

Masks are a critical step to help prevent people from getting and spreading COVID-19. However, masks only provide protection if you wear it properly.

Wear your Mask Correctly:

- Wash your hands or use hand sanitiser before putting on your mask.
- Put the mask over your nose and mouth and secure it under your chin.
- Fit the mask snugly against the sides of your face, slipping the loops over your ears or tying the strings behind your head.
- If you have to continually adjust your mask, it doesn't fit properly, and you need to find a different mask type or brand.
- Make sure you can breathe easily.

(X) DON'TS

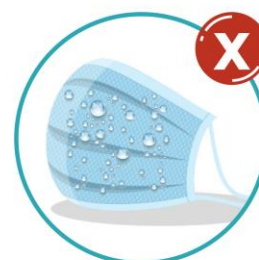|			
X	X	X	X
Pull below the nose	Wear on the forehead	Pull below the chin	Cross the straps
X	X	X	X
Leave your hair down the face	Hang the mask from one ear	Leave the straps hanging	Wear a dirty or wet mask

Masks should NOT be worn by children under the age of 6 or anyone who has trouble breathing.