How to wear a face mask

Wearing a face mask protects you and your community by providing an additional physical barrier to coronavirus (COVID-19).

Wash your hands before putting on the mask.

Make sure it covers your nose and mouth and fits snugly under your chin, over the bridge of your nose and against the sides of your face.

Do not touch the front of the mask while wearing it.
If you do touch the mask, wash or sanitise your hands immediately.
Do not allow the mask to hang around your neck.

To remove the mask wash or sanitise your hands first.

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.

If your mask has filters, remove them and throw them away. 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.

Wash or sanitise your hands after removing the mask.

VICTORIA State Government | Health and Human Services
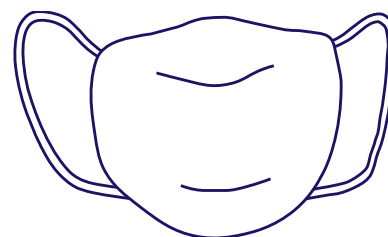
What type of face masks can I use?

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

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

For more information: https://www.dhhs.vic.gov.au/face-masks-covid-19

What you need to keep doing

- Wash your hands regularly
- Keep 1.5 metres from others
- Get tested, even if you have mild symptoms
- Stay home if you're feeling unwell.

For more information, including how to make your own mask, visit Department of Health and Human Services (DHHS) website <https://www.dhhs.vic.gov.au/coronavirus>

If you need an interpreter, call TIS National on 131 450

For information in other languages, scan the QR code or visit DHHS – Translated resources - coronavirus (COVID-19) <https://www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19>

For any questions
Coronavirus hotline 1800 675 398 (24 hours)
Please keep Triple Zero (000) for emergencies only

To receive this document in another format email Public Health branch <public.health@dhhs.vic.gov.au>.

Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne.
© State of Victoria, Australia, Department of Health and Human Services, 21 July 2020.

Available at DHHS.vic – Coronavirus (COVID-19) <https://www.dhhs.vic.gov.au/coronavirus>