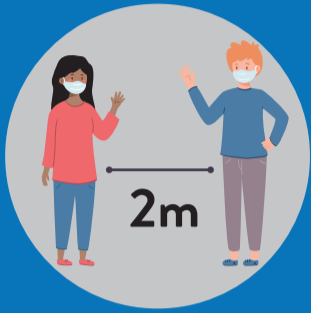# Wearing Cloth Face Coverings

Medical masks and cloth face coverings can help prevent the spread of Covid-19 but are ONLY effective when used alongside other infection safety measures...

Social distancing

Regular handwashing

Avoiding touching the face

Respiratory hygiene

Cleaning surfaces

How to put on your cloth face covering

1 Wash your hands before putting on your cloth face cover.

2 Grab your cover by the ear loops and place them behind your ears. Put it over your nose and mouth and secure it under your chin.

3 Make sure your cover fits snugly and you can breathe easily.

4 Try not to touch your cover. If you need to readjust it, wash your hands before and after touching it.

How to take off your cloth face covering

1 Handle your cover only by the ear loops. Stretch the ear loops to remove your cover.

2 Fold the outside corners together.

Try to avoid touching the outside of the face cover.

3 When you can't put your cloth face cover into the washing machine straight away, you should fold it in half with the inner surface facing out and temporarily place it in a container.

4 Wash your hands after touching your face cover.

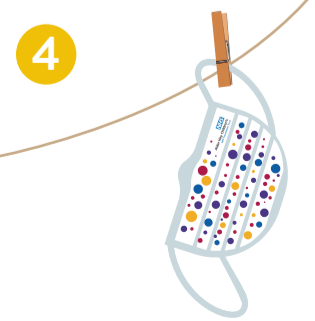## How to clean your cloth face covering

1 Always wash your cloth face cover properly after use.

2 Wash in a washing machine using normal detergent and with your regular laundry. Wash at the highest appropriate setting.

3 Wash your hands after placing your cloth face cover in the washing machine.

4 Dry your cloth face cover on high heat or hang dry thoroughly.

STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES