



Face Masks

Covering your nose and mouth helps to stop the spread of Coronavirus.

This is why many people are wearing masks.



Stopping the spread of Coronavirus is very important.



We are all asked to cover our nose and mouth in places where we have to be close to other people





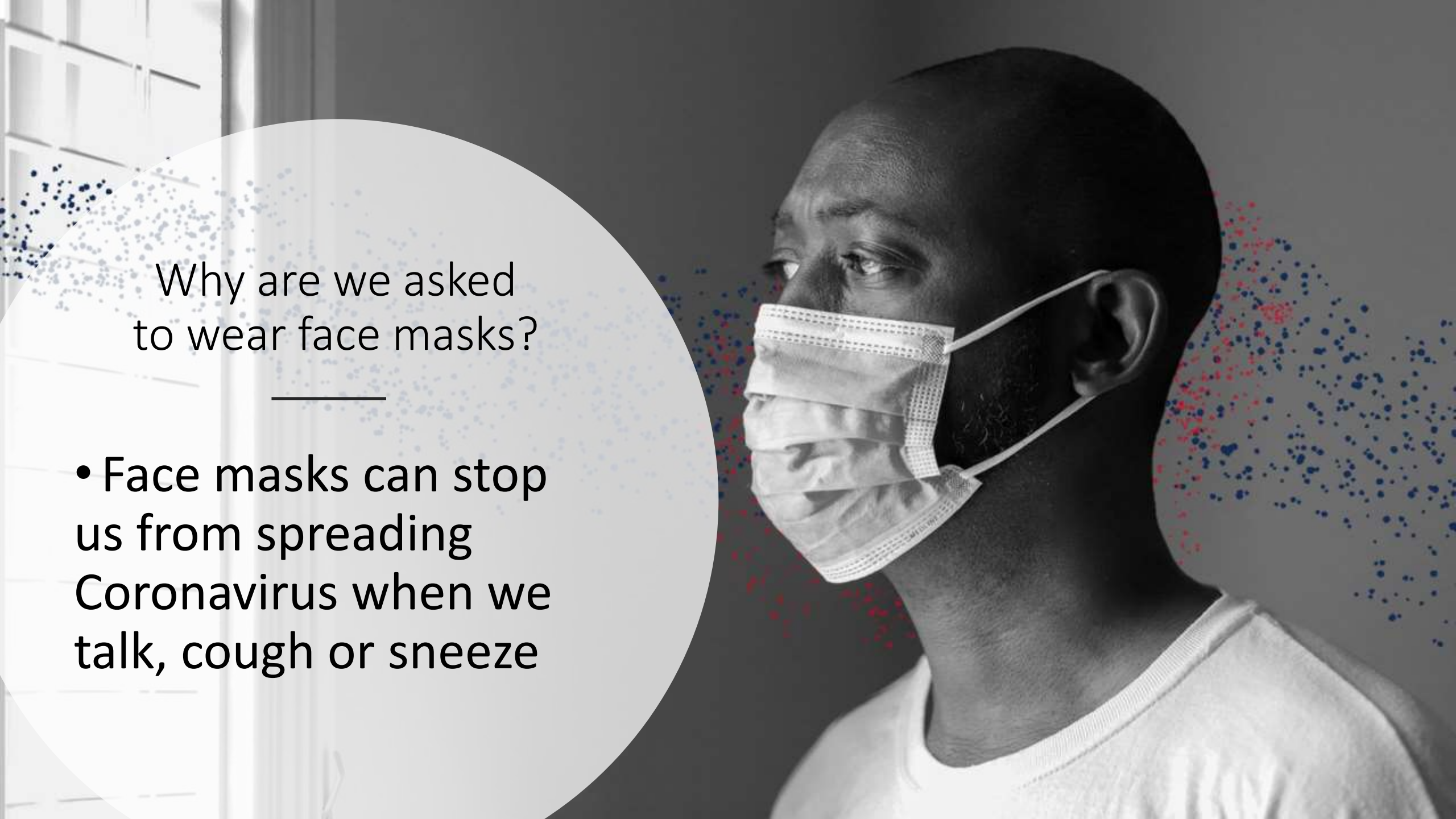
This includes:

- on buses, trains and the Luas
- In shops and supermarkets





A face mask is a material you wear that covers your nose and mouth.

A black and white photograph of a man wearing a white surgical face mask. He is looking slightly to the left. The background is dark with scattered blue and red dots, representing virus particles. A large, semi-transparent white circle is overlaid on the left side of the image, containing text.

Why are we asked
to wear face masks?

- Face masks can stop us from spreading Coronavirus when we talk, cough or sneeze

When you wear a face mask you must still


Stay 2 metres away from people

and keep **washing your hands**





People wearing face masks keep you and others safe from Coronavirus

- 
- It may feel strange to see other people wearing face masks
 - It might be harder to see people's faces or to hear them when they talk



The government says that children who are younger than 13 years old do not have to wear a mask.

You don't have to wear a mask:



If breathing is difficult



If you cannot take your mask
off by yourself



If wearing masks make you feel
upset or **very uncomfortable**

More Information

- The HSE has made a video on how to wear a face covering:
https://www.youtube.com/watch?time_continue=66&v=OBR0udoIaiY&feature=emb_title
- The Department of Health have more information here:
<https://www.gov.ie/en/publication/aac74c-guidance-on-safe-use-of-face-coverings/#cloth-face-coverings>