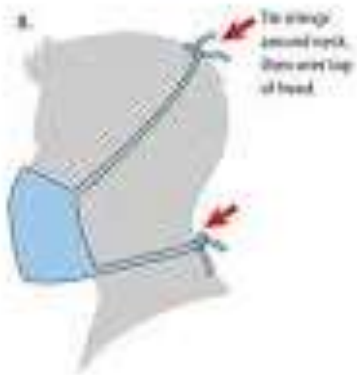# How to Wear a Face Mask

- Wash your hands or use a hand sanitiser before touching your mask

A face mask has two loops for your ears and material to cover your mouth and nose
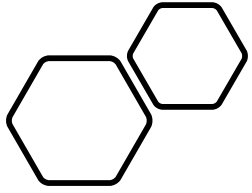
- A face mask should cover the nose and go under the chin

- It can be tied with strings or have ear loops

- You should still be able to breathe easily

- It should be comfortable but not loose

- Cover mouth and nose with mask

- Make sure there are no gaps between your face and the mask

- Avoid touching the face mask while wearing it

- If you must touch it, wash your hands or use hand sanitiser
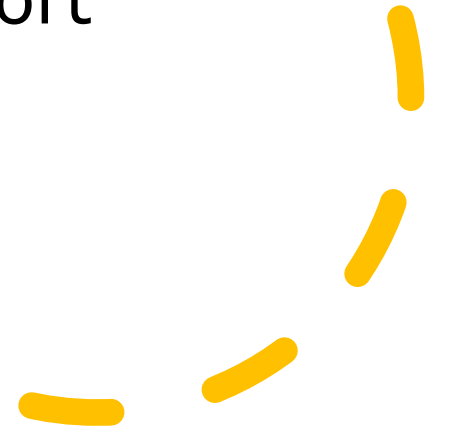
How to take off a face mask

- Remove it from the back - do not touch the front of the face covering

- Do not touch your eyes, nose or mouth

How to be more comfortable:

- Choose a face mask you like

- Practise wearing your face mask at home before you wear it outside

- Begin by wearing it for a short amount of time

- With clean hands practice putting the mask on and taking it off

Every day wear it for a little longer until you feel you are ready to wear it outside