

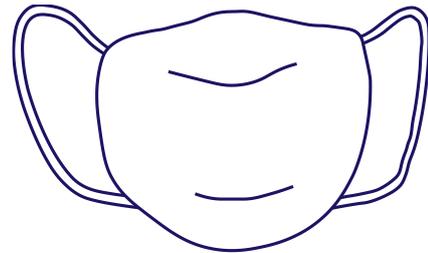


Do I have to wear a face mask?

A face mask provides an additional physical barrier to protect you and those around you in areas where there is a higher rate of community transmission of coronavirus (COVID-19). Adults should wear a mask when visiting shopping centres or markets, traveling on public transport, or anywhere it is difficult to keep 1.5 metres from other people.

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.



When wearing a mask, it is important to:



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.



Wash your hands then remove your mask by the ear loops or ties. If your mask has filters, throw them away. Place your mask into a plastic or washable bag for washing or dispose single use masks responsibly into a rubbish bin. Wash or sanitise your hands after removing the mask

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 have a four-hour wear time and are single use masks. They cannot be washed and reused. For more information on face masks visit <https://www.dhhs.vic.gov.au/face-masks-covid-19>

To receive this document in another format [email Public Health branch](mailto:public.health@dhhs.vic.gov.au) <public.health@dhhs.vic.gov.au>.

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