# DO I NEED TO WEAR A MASK?

Masks are an extra precaution to protect against COVID-19 in areas with community transmission. Check your local state and territory advice about mask recommendations and requirements. If you are in a situation where physical distancing is difficult such as on public transport, you may choose to wear a mask.

## To stay COVID free:

- Wash or sanitise your hands
- Maintain physical distancing (1.5m)
- Keep your COVID-19 vaccinations up to date
- Stay at home if you're unwell and get tested.
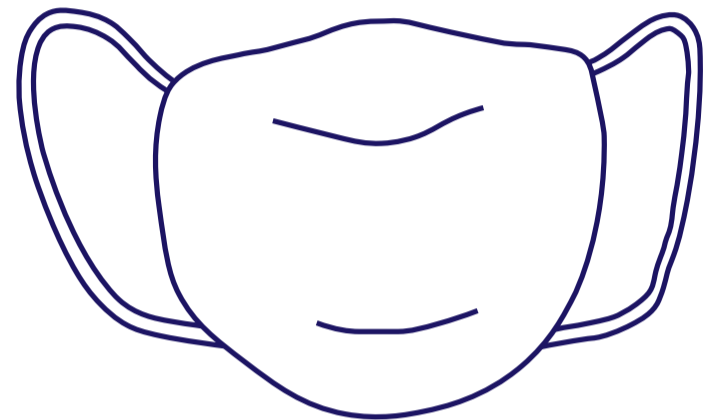
If you choose to wear a mask:

✓ 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 or when removing it. If you do touch the mask, wash or sanitise your hands immediately. Do not allow the mask to hang around your chin or neck.

✓ Wash or sanitise your hands after removing the mask.

✓ Wash cloth masks after each use, or daily at a minimum.

**\*Single-use masks should not be re-used and should be discarded immediately after use.**

**IMPORTANT:** People with chronic respiratory conditions should seek medical advice before using a mask.

For more information call the National Coronavirus Helpline on **1800 020 080**, select **option 8** for interpreting services, or visit **www.health.gov.au**

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