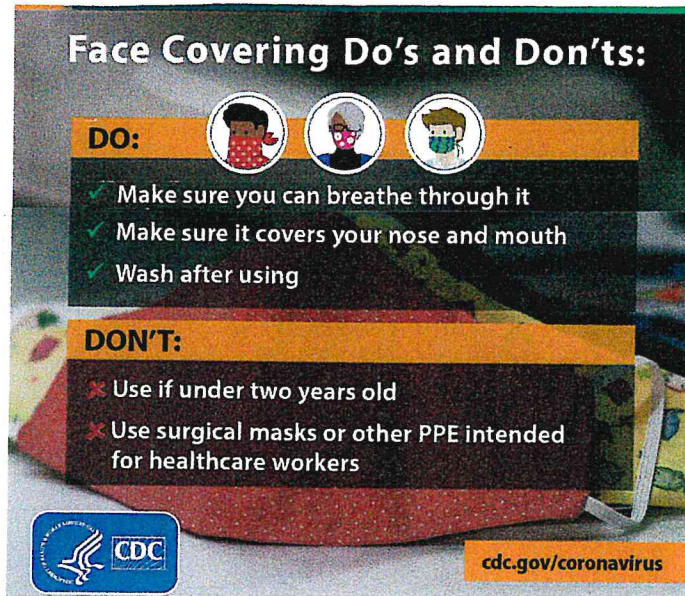


# Face Coverings Do's and Don'ts



Proper use and care of your homemade face covering

## Putting on your face covering

1. Wash your hands with warm water and soap for at least 20 seconds.
2. Make sure your covering fits well and is clean and dry before use.
3. Your covering should fit comfortably over your mouth and nose.
4. DO NOT share coverings.
5. If your cover is pleated pull on the top and bottom to enlarge it.
6. Place the elastics around your ears or tie straps behind your head.
7. If your covering has a wire in the top seam, mold it to fit snugly around your nose and cheeks.
8. **Bacteria and virus can build up on the face covering so DO NOT TOUCH IT WHILE WEARING IT.**
9. If your covering gets damp, change it out for a dry, clean one.

## Removing your face covering

1. Wash your hands with warm water and soap for at least 20 seconds.
2. **Use the straps ONLY to remove. DO NOT TOUCH THE OUTSIDE OR INSIDE OF THE COVERING.**
3. Store it in a sealed bag labelled DIRTY.
4. Wash your hands with warm water and soap for at least 20 seconds.
5. Wash your face thoroughly.
6. Launder face covering with detergent and hot water. Dry thoroughly.

*Homemade coverings may reduce some of the larger droplet exposures from coughing, sneezing and spittle but do not stop the smaller virus particles. If not used properly they can increase risk of infection. They are NOT a substitute for known infection prevention techniques. So please continue social distancing practices whenever possible.*