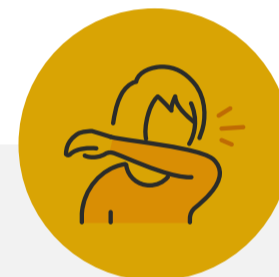# DO'S AND DON'TS OF WEARING A MASK

Every person must wear a cloth mask in public to prevent possible contamination from respiratory droplets. People infected with the virus may be asymptomatic (not showing any symptoms) or not yet experiencing any of the symptoms - but can still transmit the virus to others.

- Your mask should fit snugly over your mouth and nose

- A mask should not restrict your breathing

- Masks should not be lowered when speaking, coughing or sneezing

- Wash your mask regularly, depending on the frequency of usage

- Surgical masks or N95 respirators should be reserved for **healthcare workers only**

- When removing your mask, do not touch the parts covering your nose or mouth and wash hands immediately after removing.

REMEMBER: Wearing a cloth mask is an additional prevention measure, not replacing the need for hand washing/sanitising, physical distancing and respiratory etiquette!

MY MASK PROTECTS YOU – YOUR MASK PROTECTS ME

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