



How to wear a face mask and care for it



Wearing a face mask protects you and your community by providing an additional physical barrier to coronavirus (COVID-19).

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 washed and re-used.
- Surgical masks are single-use masks and **cannot** be washed or re-used.

How to wear a face mask



Wash your hands with soap and water 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 your hands with soap and water or sanitise your hands immediately.

Do not allow the mask to hang around your neck.



To remove the mask, wash your hands with soap and water or sanitise your hands first.

Carefully remove your mask by grasping the ear loops or untying the ties. For masks with a pair of ties, unfasten the bottom one first, then the top one.

If your mask has filters, remove them and throw them away.



Fold the mask and put it directly into the laundry or into a disposable or washable bag for laundering. Single-use surgical masks should be disposed of responsibly and not be re-used.

Wash your hands with soap and water or sanitise your hands after removing the mask.

Caring for your re-usable cloth mask

These care instructions are for cloth masks only.

Cloth masks should be washed before and after use.

Fitting your mask



Wear your cloth mask to tightly cover your mouth, nose and chin. You can tie a knot in the strap for a better fit.

Throw away your mask if the fabric is old, thin or no longer fits.



Do not share your mask with other people.

Do not wear other people's masks.

Washing your mask



Cloth masks should be washed after each use.

Cloth masks re-used without being washed can become contaminated and may not protect you.



Cloth masks are machine washable.

Wash your mask in hot water (60°C).



Wash your mask with soap or laundry detergent. Do not use bleach.



Always wash your hands with soap and water immediately after washing your mask.



Dry your mask before re-using it.
If possible, lay your mask out flat to dry in direct sunlight.



Do not tumble dry or iron your mask.

What you need to keep doing

- Wash your hands regularly.
- Keep 1.5 metres from people you don't live with.
- Get tested, even if you have mild symptoms.
- Stay home if you're feeling unwell.

For more information about [face masks, including how to make your own visit, Department of Health and Human Services \(DHHS\) website](https://www.dhhs.vic.gov.au/face-masks-covid-19)

[<https://www.dhhs.vic.gov.au/face-masks-covid-19>](https://www.dhhs.vic.gov.au/face-masks-covid-19)

To find out more information about coronavirus and how to stay safe visit [DHHS.vic – coronavirus \(COVID-19\)](https://www.dhhs.vic.gov.au/coronavirus)

[<https://www.dhhs.vic.gov.au/coronavirus>](https://www.dhhs.vic.gov.au/coronavirus)



If you need an interpreter, call TIS National on 131 450

For information in other languages, scan the QR code or visit [DHHS.vic – Translated resources - coronavirus \(COVID-19\)](https://www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19)

[<https://www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19>](https://www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19)

For any questions

Coronavirus hotline 1800 675 398 (24 hours)

Please keep Triple Zero (000) for emergencies only

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Available at [DHHS.vic – Promotional material - coronavirus \(COVID-19\)](https://www.dhhs.vic.gov.au/promotional-material-coronavirus-covid-19) [<https://www.dhhs.vic.gov.au/promotional-material-coronavirus-covid-19>](https://www.dhhs.vic.gov.au/promotional-material-coronavirus-covid-19)