

TO MASK OR NOT TO MASK

WHAT, WHY, HOW

Mask up only if you are unwell

Masks are generally not needed for people who are well. A mask should be worn if you have a fever, cough or runny nose or if you are recovering from illness.

Masks: useful only if worn properly

- Cover the mouth, nose and chin with the coloured-side facing out
- Pinch the metal edge of the mask so that it presses gently on your nose bridge
- Hold only the ear loops and gently lift when removing used mask
- Dispose masks properly into a bin
- Replace masks regularly, especially if soiled or wet
- Wash hands well after disposing soiled masks



A surgical mask is most practical

To reduce the spread of the Wuhan Coronavirus, surgical masks are the most practical for the general public as they block large-particle droplets and splatter and reduce exposure to saliva and respiratory secretions.

Practise good hygiene and social responsibility

Personal hygiene, especially hand hygiene, is important. If you are feeling unwell and have recently travelled overseas, especially to mainland China, please mask up and see a doctor immediately.