

How to safely wear your mask

DO



Wash your hands before donning, if you touch the mask while wearing and after doffing



Place the mask over your mouth and nose, and put the straps or loops over your ears



Ensure the mask is secure by pinching the nose clips

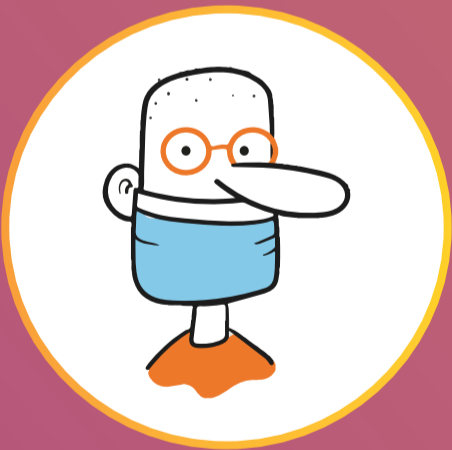


Dispose of used masks in the rubbish

DON'T



Wear your mask under your chin



Wear your mask under your nose



Hang your mask off your ear or elbow



Wear your mask as a hat

Correct donning and doffing of PPE is essential to ensure you remain safe and protected.

For more information about donning and doffing, please email the Infection Prevention and Control unit
Health.CALHNInfectionPreventionandControlUnit@sa.gov.au



Government of South Australia

Health

Central Adelaide
Local Health Network