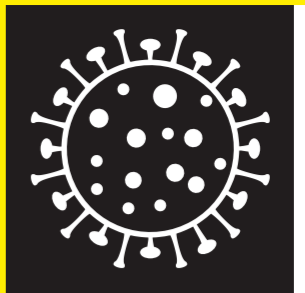


# How to use Face Coverings



Coronavirus  
**COVID-19**  
Public Health  
Advice

ALWAYS CLEAN YOUR HANDS BEFORE **AND** AFTER WEARING A FACE COVERING

## Correct Covering

**Medical masks should be reserved for health workers or patients in treatment.**

If you have been advised to wear a medical mask, always have the coloured side showing and the metal band at the top of your nose.



## Check Your Fit

Check that the face covering is made from a fabric that you are comfortable wearing.



Check that it is easy to fit and completely covers your nose and mouth, all the way down under your chin.

Tighten the loops or ties so it's snug around your face, without gaps. If there are strings, tie them high on top of the head to get a good fit. Do not touch or fidget with the face covering when it is on.

### DO NOT:

Wear the face covering below your nose.



### DO NOT:

Leave your chin exposed.



### DO NOT:

Wear it loosely with gaps on the sides.



### DO NOT:

Wear it so it covers just the tip of your nose.



### DO NOT:

Push it under your chin to rest on your neck.



## FOLLOW THESE TIPS TO STAY SAFE:

**ALWAYS** wash your hands before and after handling your face covering.

**ALWAYS** change your face covering if it is dirty, wet or damaged.

Carry unused face coverings in a sealable clean waterproof bag, for example, a ziplock.

Carry a second similar type bag, to put used face coverings in.

**CHILDREN UNDER 13**  
Face coverings are not required unless clinically advised.

**ALWAYS** wash cloth face coverings on the highest temperature for cloth.

## Safe Removal



Use the ties or ear loops to take the face covering off.

Do not touch the front when you take it off.

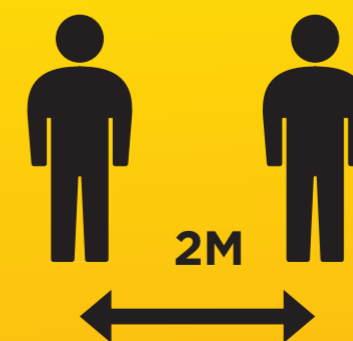


## Disposing Of Single-Use Mask



Always dispose of single-use masks properly in a bin.

Don't forget to clean your hands and keep social distance.



Stay safe. Protect each other.



Riailtas na hÉireann  
Government of Ireland