



# Why should I wear a face mask?

1

It provides extra protection when physical distancing is hard to maintain.

2

It helps to slow the spread of the coronavirus that causes COVID-19

3

It protects others by reducing the chance of passing on the the virus.

Face masks trap respiratory droplets that are released when the wearer talks, coughs or sneezes. It also acts as a barrier to protect the wearer from inhaling droplets released by others.

To reduce waste, it is recommended that you wear reusable cloth masks where possible.

PLEASE CONTACT DAWAA AT 0414 743 146 OR VISIT  
[HTTPS://WWW.NSW.GOV.AU/COVID-19](https://www.nsw.gov.au/covid-19) FOR MORE INFORMATION

# Tips on wearing a face mask



- Wash or sanitise your hands before putting on or taking off your mask.
- Ensure the mask covers your nose and mouth and fits snugly against the sides of your face.
- Avoid touching the front of your mask while wearing it.
- Avoid touching your face when removing your mask.
- Wash your hands after removing your mask.
- Wash and dry reusable masks after every use.
- Do not reuse single-use masks.

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