

What should I look for when getting a mask for my children? : Many masks are designed for adults and won't fit children properly. If you are buying masks, choose one that is appropriately sized for your child.

Whether you are buying or making masks for your children, check that they cover their mouth, nose and chin, and don't have any gaps on the sides or block their vision. Make sure they can breathe comfortably in the mask while walking briskly and talking.

How to clean a fabric mask: Wash fabric masks using soap or detergent in hot water at least once a day. If machine washing, use the warmest appropriate. If handwashing, use hot, soapy water. After washing, the mask should be dried completely before being worn again. Store masks in a clean bag.

Masks should be washed DAILY.

How to wear a mask correctly

- Always start by washing your hands with soap and water before putting on a mask.
- Make sure the mask is clean. Check it for tears or holes. Don't wear it if dirty or damaged.
- Adjust the mask to securely cover the mouth, nose and chin, leaving no gaps on the sides.
- Make sure it is comfortable to breathe.
- Change the mask if it gets dirty or wet.
- Don't pull the mask down under the nose or chin, or wear it on your head – it should fully cover the mouth and nose to be effective.
- Do not touch the mask while wearing it.

Tip: If you and your family plan to take masks off and reuse them during the day, carry clean resealable bags to store them. Use a separate bag for each mask in your family. When placing the mask in or removing it from the bag, handle the mask by the elastic loops or ties (without touching the mask surface) to avoid possible contamination. Remember to wash your hands before putting it on.

When taking off a mask

- Wash hands before taking off the mask.
- Take off the mask by removing it using the elastic loops or ties. Avoid touching the front of the mask.
- Wash your hands after removing the mask.
- Fabric masks should be washed after each use and stored in a clean bag.
- Medical masks are single-use and should be disposed of in a closed bin.

6 common mistakes to avoid



- Don't pull below the nose
- Don't leave the chin exposed
- Don't pull below the chin
- Don't touch the mask while wearing it
- Don't wear a loose mask
- Don't wear a dirty, damaged or wet mask.