



Do I have to wear a face mask?



Easy English



Hard words

This information has some hard words.

The first time we write a hard word

- the word is in **blue**
- we write what the hard word means.

You can get help with this book



You can get someone to help you

- read this book
- know what this book is about
- find more information.

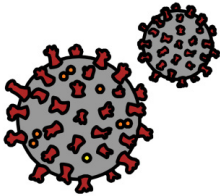


About this book



Health
and Human
Services

This book is by the Department of Health and Human Services.



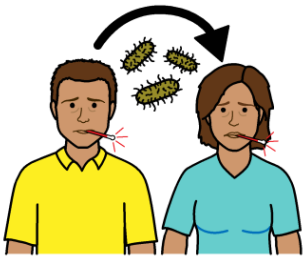
This book is about

- **Coronavirus**

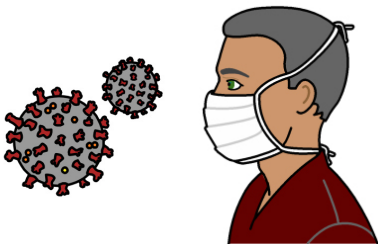
and



- when to wear a face mask.



Coronavirus can make people very sick.



A face mask can keep you and other people safe from coronavirus.

What is a face mask?



A face mask is something that can cover your face.



A face mask can be

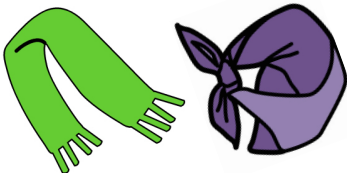
- a cloth mask you wash and use again



- a mask like a doctor wears that you use once



- a bandana



- a scarf.



The face mask **must** cover

- your nose and mouth
- your chin
- the sides of your face.

You must wear a face mask

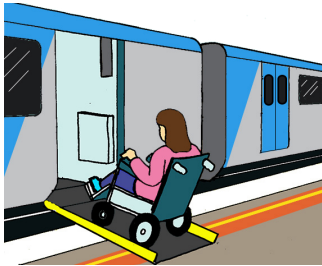
You **must** wear a face mask when you need to go outside your home.



For example

- when you shop for food

or

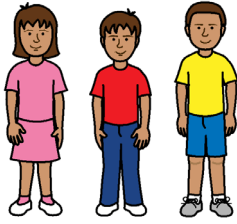


- when you travel on the bus or train.

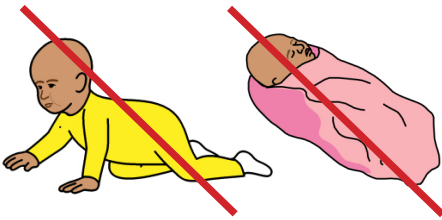


You can get a fine if you do **not** wear or carry a face mask when you leave your home.

When is it ok to not wear a mask?



You do **not** have to wear a face mask if you are a child less than 12 years old.



Never put a face mask on a child less than 2 years old.

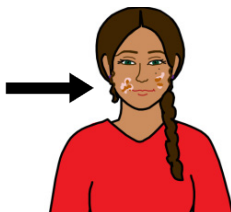


You do **not** have to wear a face mask if you have a condition that makes it hard for you to cover your face.



For example

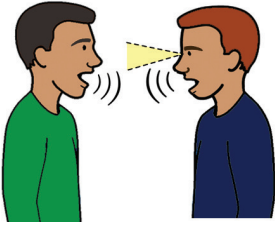
- problems with your breathing



- a serious condition that affects your face



- disability or a mental health condition.

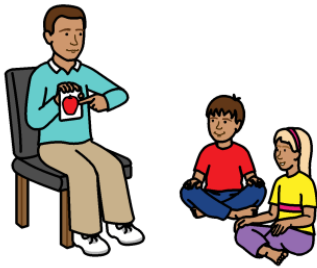


You do **not** have to wear a face mask if you are with someone who is Deaf and they need to see your mouth to understand what you say.



You do **not** have to wear a face mask at work

- if there are rules to keep you safe that say you must **not** cover your face



- if you need to speak clearly to people.

For example, a teacher.



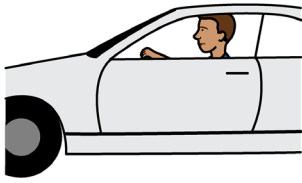
You do **not** have to wear a face mask when you play sports or do exercise that makes you out of breath. For example, running **not** walking.



You **must** wear a face mask as soon as you stop the exercise.



You do **not** have to wear a face mask when the police ask to talk to you.

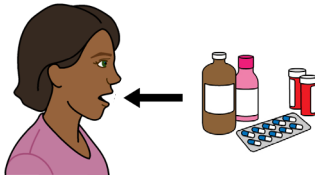


You do **not** have to wear a face mask when you are in a car by yourself or with someone you live with.



You do **not** have to wear a face mask when you

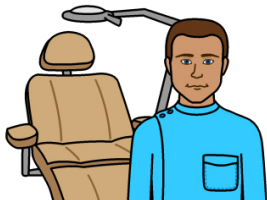
- eat or drink



- take medicine



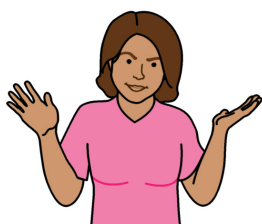
- smoke



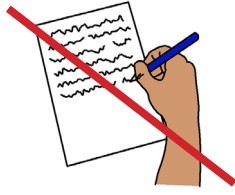
- go to the dentist.



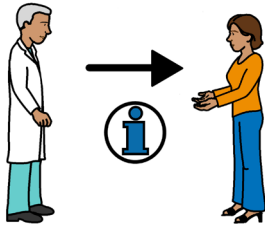
You **must** carry a face mask with you when you leave your home.



You do **not** need to carry a face mask with you if you have a condition and can **not** wear a face mask at all.



You do **not** need a **medical certificate** to show you have a reason **not** to wear a face mask.



A medical certificate is a letter from your doctor that says what your medical condition is.



The police might ask you to tell them your reason if you are out of your home with **no** face mask.

You **must** tell the police what your reason is.

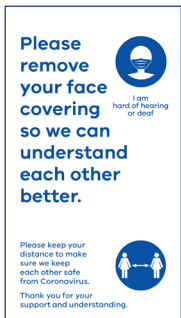


You can get a card that you show to people who ask what your reason is.



You get the card from the DHHS website www.dhhs.vic.gov.au/information-people-disability-coronavirus-disease-covid-19#face-coverings

There are 2 different cards that you can choose.



The cards say

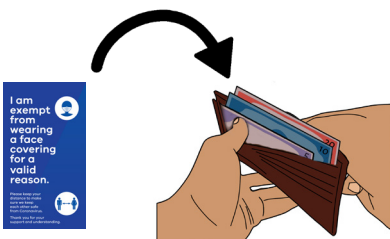
- you have a reason **not** to wear a mask

or

- you are Deaf and need the person you are with to take off their face mask.



You choose the card that is right for you.



The card can be

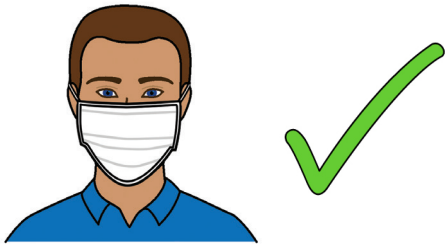
- printed and put in your wallet or bag

or



- saved as a picture on your phone.

How to wear a face mask



It is important to use and wear your face mask the right way.



Before you put your face mask on wash your hands for 20 seconds.



When you put your face mask on make sure it

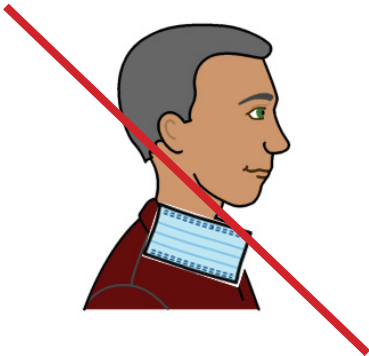
- covers your nose and mouth
- fits under your chin
- covers the sides of your face.



Make sure you do **not**

- touch the face mask while you wear it

or



- let the face mask hang around your neck.

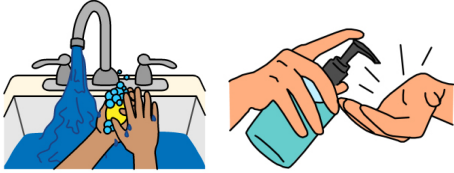


If you touch your face mask make sure you wash or **sanitise** your hands straight away.



Sanitise means use a special gel made of alcohol to clean your hands and keep them free of germs.

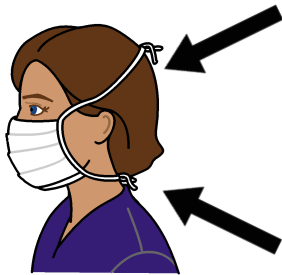
How to take off your face mask



When you are ready to take your face mask off wash or sanitise your hands first.



If your face mask has ear loops you should hold the loops to take off your mask.



If your face mask has ties you should take the bottom tie off first, then the top tie.



If your face mask can be used again and has a filter you should

- remove the filter and throw it away

and

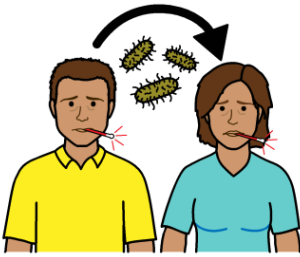


- wash the mask in the washing machine.



Wash or sanitise your hands again after you take off your mask.

What you need to keep doing



Coronavirus can spread easily from person to person.



It is important to still

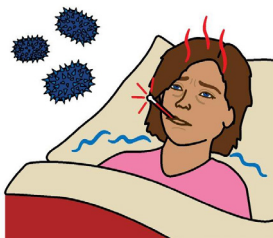
- wash your hands



- be 1.5 metres or 2 big steps away from other people



- get tested for coronavirus if you have **symptoms**
 - symptoms are signs that you might be sick



- stay at home if you do **not** feel well.

More information



For more information about face masks

Go to the DHHS website.

www.dhhs.vic.gov.au/face-coverings-covid-19



For information about Coronavirus

Call the Coronavirus Hotline.

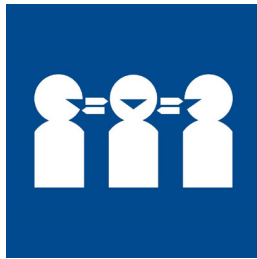
1800 675 398



If there is an emergency

Call Triple Zero.

000



If you need help with English

Contact the Telephone Interpreting Service.

131 450



If you need information in another language

Go to the DHHS website.

www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19



If you need help to speak or listen

Contact the DHHS through the National Relay Service or NRS.

Call the NRS Help desk.

1800 555 660

Go to the NRS website.

communications.gov.au/accesshub/nrs

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Scope's Communication and Inclusion Resource Centre wrote the Easy English in September 2020 www.scopeaust.org.au.

For the original contact the Department of Health and Human Services.

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