



Coronavirus: Should you wear a mask?



In Australia at the moment, the number of cases of coronavirus (COVID-19) is low.

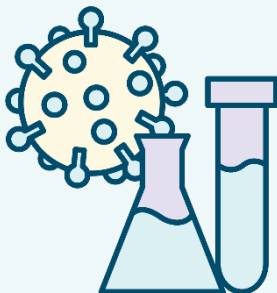
The most important things to do right now are:



- stay at home if you don't feel well – even if you only feel a little bit sick



- stay 1.5 metres away from other people



- get tested if you have a fever, cough, sore throat or shortness of breath



- wash your hands often



- cough or sneeze into your bent elbow or a tissue.



Throw away any tissues you use.



Wash your hands after you cough or sneeze.

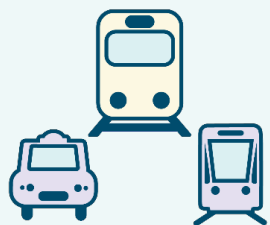
Do you need to wear a mask?



Some people believe a mask will keep them safe.



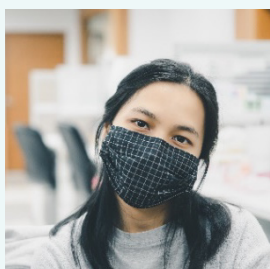
Some people choose to wear a mask when they go out.



For example, people who use public transport.



They might find it hard to stay 1.5 metres away from someone else when they travel.



So, they wear a mask to feel safer.



Other people might have an illness or health condition.

How to use a mask safely



If you decide to wear a mask, there are tips about how to wear them safely.



You still need to follow all the advice on pages 1 and 2 of this fact sheet about keeping safe, even if you are wearing a mask.



These tips are for the use of masks you can throw away after you've worn them.



1. Wash your hands before you put the mask on.



2. Make sure the mask covers your nose and mouth.



3. Make sure the mask fits tightly around your:

- chin
- the bridge of your nose
- the sides of your face.



4. Don't touch the mask while you wear it.



5. If you accidentally touch the mask, wash your hands. You must wash your hands any time you handle a mask.



6. Throw the mask away after you take it off.

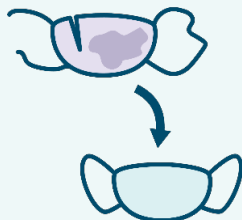


7. Wash your hands after you have done this.



If you want to eat or drink, you need to take your mask off and wash your hands first.

It is not safe to pull a mask down to eat or drink.



If your mask gets wet or damaged, replace it with a new one.



If you have an illness or health condition, please ask your doctor about wearing a mask.

More information



For information, contact the Disability Information Helpline on **1800 643 787** or visit www.dss.gov.au/disabilityhelp



24 hours

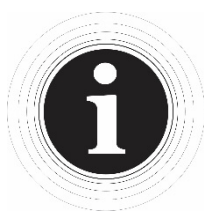
You can call the National Coronavirus Helpline on **1800 020 080**. It's open 24 hours a day.



If you need information in a language other than English, call **131 450**.



If you're worried about your health, call your doctor. Do not go to the doctor – call first.



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