Face masks
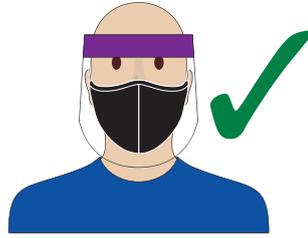## What you can and cannot wear in public

A fitted mask needs to be worn covering both your nose and mouth. ✓

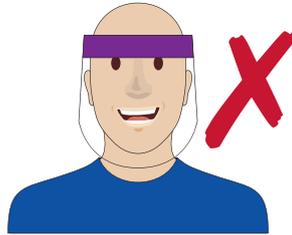**You can wear a face shield only if is worn with a fitted face mask.** ✓

A fitted snood or gaiter can be worn covering both your nose and mouth. ✓

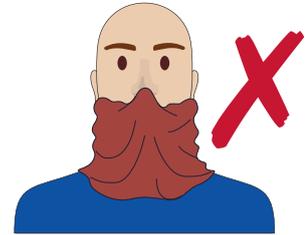There are two types of face masks you can wear: cloth masks and surgical masks with no one-way valves.
- Cloth masks are made of washable fabric and can be washed and re-used.
- Surgical masks are single-use masks and **cannot** be washed or re-used.

You cannot wear a bandana or scarf. ✗

You cannot wear a face shield. ✗

You cannot wear a loose snood or gaiter. ✗

How to put your mask on

Step 1: Clean your hands with soap and water or hand sanitiser before putting on the mask.

Step 2: Make sure the mask is not damaged or dirty before putting it on.

Secure the ties at the back of the head and neck or place the ear loops over the ears.

Make sure the mask covers your nose and mouth and fits snugly under your chin, over the bridge of your nose and against the sides of your face.

Step 3: Do not touch the front of the mask while wearing it. If you do touch the mask, clean your hands with soap and water or hand sanitiser.

Do not wear the mask under your nose, around your neck or anywhere else other than over your nose and mouth.

How to take your mask off

Step 1: Clean your hands with soap and water or hand sanitiser before removing the mask

Step 2: Carefully remove your mask by grasping the ear loops or untying the ties. For masks with a pair of ties, unfasten the bottom one first, then the top one.

Step 3: If your mask has filters, remove them and throw them in a rubbish bin. If your mask is a single-use surgical mask, throw it in a rubbish bin – it should not be reused.

Step 4: If the mask is a reusable cloth mask, put it directly into the laundry or into a washable bag for laundering in hot soapy water.

Step 5: Clean your hands with soap and water or hand sanitiser after removing the mask.

Note: this information is not for use in health care and support worker settings.

VICTORIA State Government

Health and Human Services