

Wear a face mask

Face masks can stop or slow viruses from spreading.

Face masks lower your chance of catching and spreading an airborne virus. That's why wearing a high-quality, and well-fitted face mask can help protect you and those around you from COVID-19.

Wearing a N95/KN95 reduces your risk of transmission by over 83%, surgical mask by 66% and cloth mask by 50%.

Recommended face masks

Different types of masks provide different levels of protection. Wear the most protective mask you can. Make sure that it fits well and that there are no air gaps on the side.



Respirators (also called **N95** or **P2**) are specialised filtering masks and provide the best protection when correctly fitted. Check your mask is TGA or NIOSH approved.



KN95 masks are high filtering masks but are not as well fitted as a respirator. The ear loops do not achieve a good seal between the mask and face.



Surgical (or medical masks) also provide good protection when worn correctly. They must fit snugly over your nose, mouth and chin.

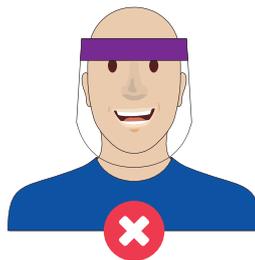


A reusable three layered **cloth mask** can also provide protection. Masks should be made of tightly woven fabric and be machine washed after every use.

Which masks are not recommended



A bandana



A face shield on its own



A snood or gaiter

How to safely put on and take off a face mask

- Wash your hands before touching the mask.
- The mask should comfortably and snugly cover your mouth, nose and chin.
- Adjust the mask, so there are no air gaps on the side.
- Avoid touching the mask while it is on.
- Replace the mask when it gets wet or dirty, or when the straps are loose and no longer fit snugly against your face. Dispose of in waste bin after use.
- Wash your hands after removing the mask.

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