✓ Wash your hands before putting on a cloth face covering and after you take it off.
✓ Make sure it covers your nose and mouth and fits comfortably around your face.
✓ While wearing it in public places, avoid touching it and replace it if it feels damp.
✓ When you’re done with the cloth face covering, carefully take it off from behind or by the straps and be sure not to touch your eyes, nose and mouth.
✓ Cloth face coverings should be regularly washed and can be laundered with other clothes.