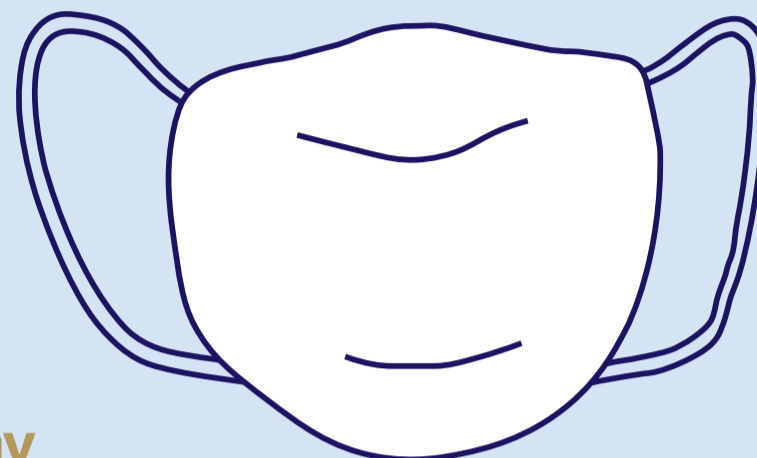




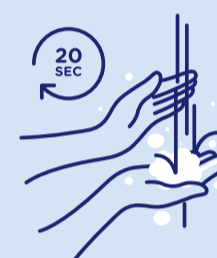
How to wear a mask

If you are well, a mask is not required where there is low community transmission of COVID-19. However if you are in a situation where physical distancing is difficult such as on public transport or in shopping centres, you may choose to wear a mask.



If you choose to wear a mask, it is important to:

- Wash your hands before putting on the mask.
- Make sure it covers your nose and mouth and fits snugly under your chin, over the bridge of your nose and against the sides of your face.
- Do not touch the front of the mask while wearing it or when removing it. If you do touch the mask, wash or sanitise your hands immediately. Do not allow the mask to hang around your neck.
- Wash or sanitise your hands after removing the mask.



***Single-use masks should not be re-used and should be discarded immediately after use. Reusable fabric masks should be washed after use.**

Important: People with chronic respiratory conditions should seek medical advice before using a mask.

If you have specific enquiries please direct these to our designated email address coronavirusadvice@nd.edu.au or the University website notredame.edu.au/coronavirus