**Protect yourself and others from COVID-19**

If COVID-19 is spreading in your community, stay safe by taking some simple precautions, such as physical distancing, wearing a mask, keeping rooms well ventilated, avoiding crowds, cleaning your hands, and coughing into a bent elbow or tissue. Check local advice where you live and work. **Do it all!**

* **Maintain at least a 1-metre distance between yourself and others**to reduce your risk of infection when they cough, sneeze or speak. Maintain an even greater distance between yourself and others when indoors. The further away, the better.
* **Make wearing a mask a normal part of being around other people. The appropriate use, storage and cleaning or disposal are essential to make masks as effective as possible.**

Here are the basics of how to wear a mask:

* Clean your hands before you put your mask on, as well as before and after you take it off, and after you touch it at any time.
* Make sure it covers both your nose, mouth and chin.
* When you take off a mask, store it in a clean plastic bag, and every day either wash it if it’s a fabric mask, or dispose of a medical mask in a trash bin.
* Don’t use masks with valves.