

How to use a cloth face mask properly

Why do ECD staff need to wear a face mask?

The government has said that all staff must wear a cloth face mask while they work at an ECD programme. This is because face masks reduce the risk of spreading Coronavirus.

Why do I need to wear a face mask correctly?

If a mask is not used correctly it reduces the benefit and may even increase the risk of infection. This means you need to put it on and take it off in the correct way, and avoid touching or fiddling with it once it is on.

Do children need to wear a face mask?

No. It is advised that children aged 5 years and younger are not asked to wear a face mask when they attend an ECD programme. However, if a child becomes ill, they should be asked to wear a mask while they wait for their parent to arrive.

What kind of face masks can I use?

It is fine to use a cloth face mask. You do not need to use a special medical face mask. There should be at least two face masks for each staff member, so that masks can be washed and dried each time they are worn.

How to make a cloth face mask



How do I use a cloth face mask correctly?

Follow each of these steps:

- 1 Wash your hands before putting on the mask.
- 2 Place a clean mask over your nose and mouth and make sure both are covered well.
- 3 Tie the strings behind your head or if it has elastic bands, make sure they are tight.
- 4 Move it around to get the best fit, without touching the cloth part.
- 5 Once you have put on the mask **do not touch your face or the mask** until you take it off.
- 6 Leave the mask on all the time except when you need to eat or drink. (Store it in a clean plastic or paper bag until you put it on again.)
- 7 Take off the mask by undoing the ties and folding it inside out. Holding it by the strings only, place it into a container ready to be washed.
- 8 Wash your hands thoroughly after taking off the mask.
- 9 Wash the mask in warm soapy water and dry thoroughly before it is used again.

Remember a face mask is **NOT** a replacement for other preventative measures. You still need to keep physical distance and wash your hands regularly.