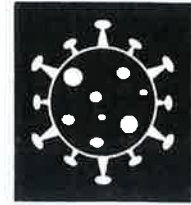


# How to use face coverings: A guide for parents and children 3rd to 6th class



Coronavirus  
COVID-19  
National  
Programme

Children in 3rd to 6th class are required to wear masks in primary school



You should arrive at school with your own face covering



Always clean your hands before and after wearing a face covering

## Check your fit

Make sure mask fabric covering is comfortable for you to wear

Make sure it is easy to fit and covers your nose and mouth

Ensure the face covering fits under your chin

Tighten the loops so it's snug around your face, without gaps

Don't touch or fidget with the face covering while it's on



## You should not

Wear your face covering below the nose

Leave your chin exposed

Wear it loosely with gaps on the sides

Push it under your chin to rest on your nose



## Always follow these steps

Wash your hands before and after handling your face covering

Change your face covering if it is dirty, wet or damaged

Carry unused face coverings in a sealable clean waterproof bag, like a ziplock

Carry a second bag to put used face coverings in

Wash cloth face coverings on the highest temperature for cloth



## Safe removal and disposing of mask

Use the ties or ear loops to take the face coverings off

Do not touch the front when you take it off

Don't forget to clean your hands and keep social distance

Always dispose of single-use masks properly in a bin



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