

A MESSAGE FROM OUR
SCHOOL BASED YOUTH HEALTH NURSE
CATHERINE RAFF

MASK UP!

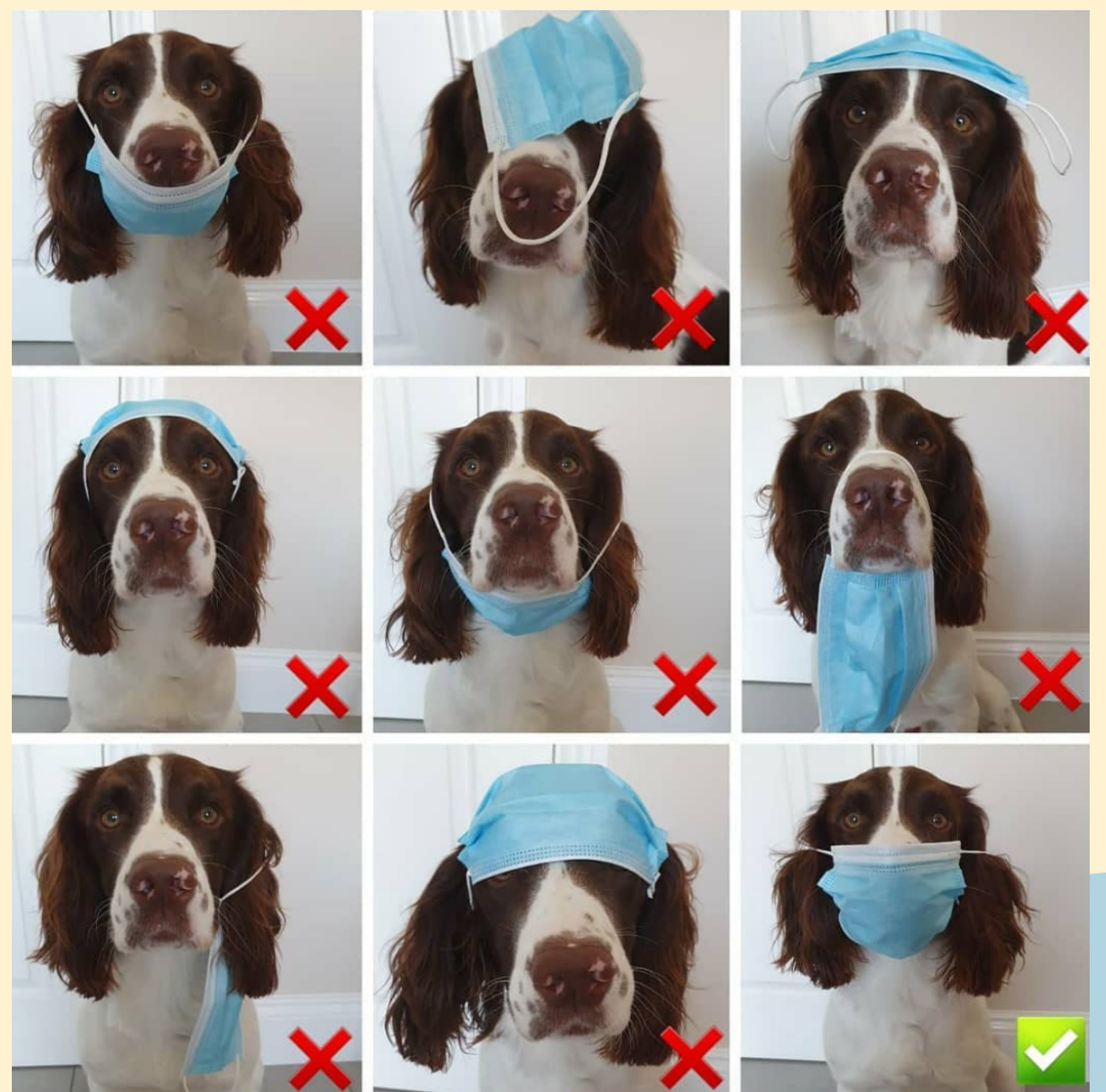
A mask is a protective barrier that protects you from any airborne virus particles around you and it protects others from any airborne particles that you exhale.

It can't protect you if worn incorrectly. If it doesn't cover your mouth and nose you are vulnerable to the airborne particles.

MASK WEARING

Wash or sanitise your hands before putting your mask on, taking it off and any time you have touched the front of the mask.

Make sure the mask 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 allow the mask to hang around your neck or under your nose).



**When to
change / wash
your face
masks**

You cannot reuse surgical masks and they should be changed every 4 hours.

You can wash and reuse cloth masks and they should be washed every day.

FOR MORE INFORMATION

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/question-and-answers-hub/q-a-detail/coronavirus-disease-covid-19-masks>

<https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/protect-yourself-others/face-masks>

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/how-to-protect-yourself-and-others-from-coronavirus-covid-19/masks>



*Stay safe
everyone!*

**WHITES HILL
STATE COLLEGE**