

Covid-19 and Face Coverings



Help Stop the Spread of Covid-19

Covid-19 is spread as a result of close contact with a person who has Covid-19. Which is why wearing a face covering helps keep you and others safe. Face coverings help prevent droplets spreading when someone speaks, laughs, coughs or sneezes. This includes someone who has Covid-19 but feels well or has no obvious symptoms. Face coverings can be bought (e.g. face masks from the supermarket); made at home; or by wrapping material (such as a scarf) over your nose, mouth and chin.

Face coverings during New Zealand's Alert Levels:

Level 1: The risk of community spread exists – You are not required to wear a face covering but should have a supply ready for each person in your home.

Level 2: There is increased risk of community spread – You must wear a face covering on public transport (buses, trains, ferries, and planes). You are encouraged to wear one if you cannot physically distance when away from home.

Level 3: There's a higher risk of Covid-19 in the community. You must wear a face covering when on public transport and should in all other areas away from your own home.

Level 4: The risk of being infected by Covid-19 is high. You must always wear a face covering on public transport and when away from your home.

Precautions: Never share face coverings with other people. Those who *should not* wear face coverings are:

- Children under 12 years
- People who cannot remove it without assistance
- People who have trouble breathing

Further exemptions, [visit the covid-19 website](#).

Putting on your face covering:

1. **Check** your covering is clean, dry and not damaged

2. Before putting on your covering **Clean your hands** either by:
 - Thoroughly wash hands with soap and water for 20 seconds then dry
 - Use hand sanitiser (that contains at least 60% alcohol)
3. **Place** the face covering over your nose, mouth and chin, then secure it with ties or ear loops. The face covering should:
 - fully cover your nose, mouth, and chin
 - fit comfortably, but securely, against the side of your face
 - allow you to breathe easily.
4. **Clean** your hands again.

While wearing a face covering:

Do not: Touch the front of your face covering, touch your face, move your face covering (including pulling it below your chin)

If you do touch your face or your face covering, clean your hands.

Always replace the face covering if it becomes damp, damaged, or dirty.

How to remove a face covering

1. Clean your hands again

2. Remove your face covering. Take your face covering off without touching the outside by first taking the loops off your ears or untying it, do not touch the front. Be careful not to touch your eyes, nose, or mouth.

3. Clean or dispose of your face covering.

-Put cloth face coverings in a plastic bag until it can be washed. Wash in a washing machine with detergent at 60 degrees Celsius. Dry the face covering completely before you use it again. Do not use a damp face covering.

- Dispose of single-use face coverings. Put it in a rubbish bin with a closed lid, or in a plastic bag then in a rubbish bin with no lid. Do not re-use or try to disinfect single-use face coverings.

4. Clean your hands again.