



COACHING
CONSERVATION

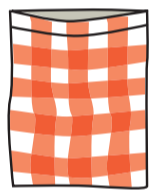
FACE MASKS – PROTECT YOURSELF, PROTECT EACH OTHER

THE BEST WAY TO PROTECT YOURSELF IS TO STAY AT HOME, MAINTAIN SOCIAL DISTANCING (KEEPING AT LEAST 2 METRES AWAY FROM OTHER PEOPLE), WASH YOUR HANDS REGULARLY, AND ALWAYS AVOID TOUCHING YOUR FACE.

If you do have to leave the house for groceries or if you become sick (or must take care of someone who is sick), a face mask should be worn. The World Health Organization is clear that masks won't give you 100% protection, but they can help protect you from catching the virus or accidentally spreading it to those around you if they're worn and managed correctly.

MAKE YOUR OWN MASK
WITH A COTTON CLOTH, TWO
ELASTIC BANDS, AND A SHEET
OF PAPER TOWEL.

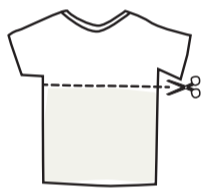
With a cotton cloth, two elastic bands, and a sheet of paper towel.



PILLOWCASE



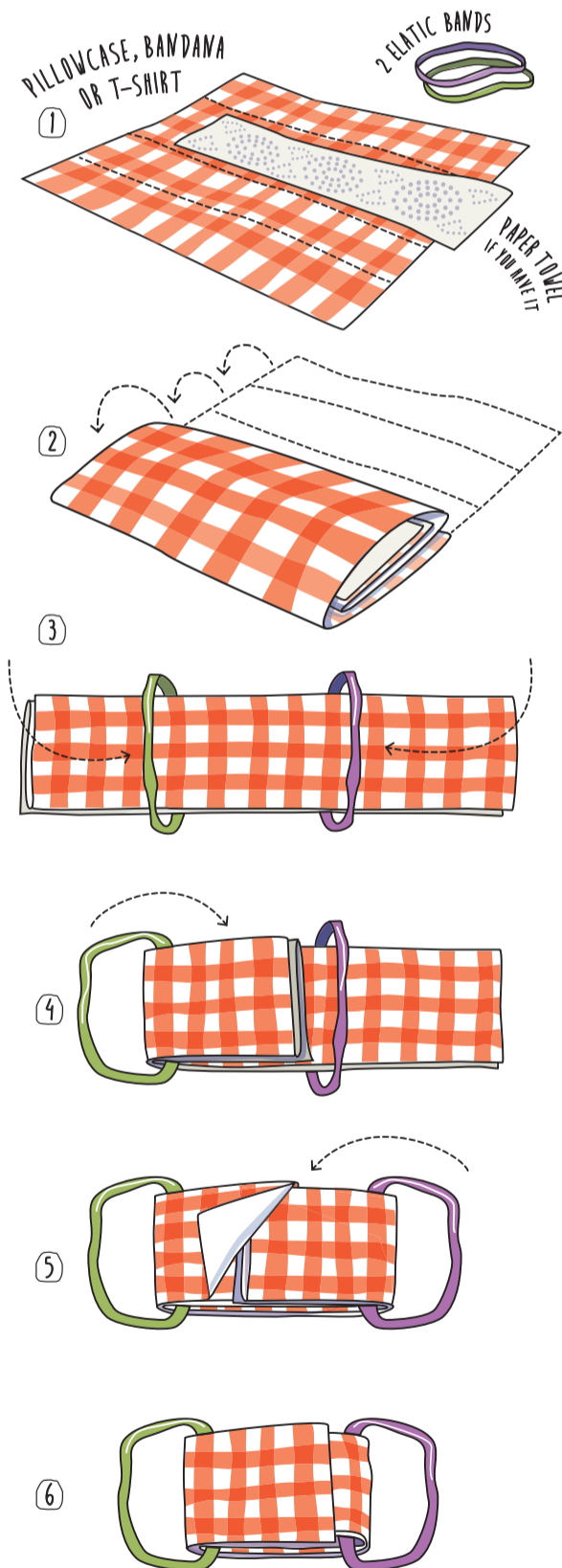
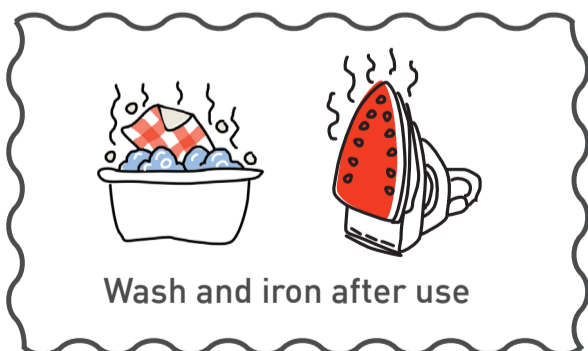
BANDANA



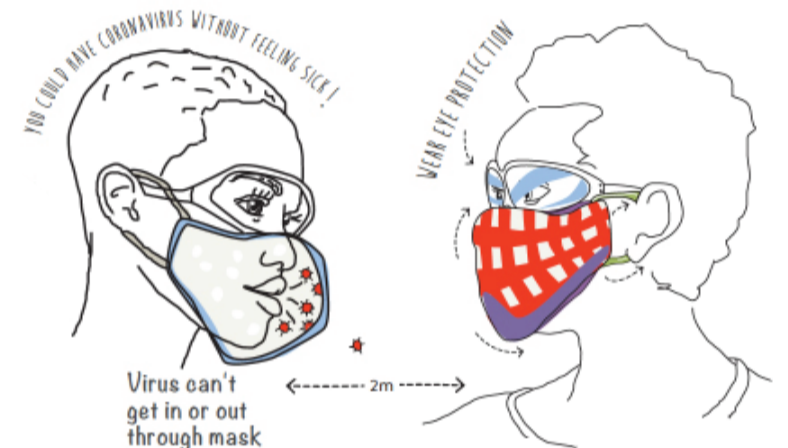
T-SHIRT

Instructions

- Fold an appropriate part of a tightly woven dishcloth, a cotton t-shirt or a pillowcase several times (around a paper towel if you have one).
- It is a good idea for the inside and outside of your mask to be different so you don't accidentally put the outside over your mouth.
- Place elastic bands over the ends and fold cloth inwards before using the elastic bands to hook the mask over your ears.



HOW MASKS WORK



Guidelines for safe use:

1. Wash your hands before putting it on.
2. Put on your mask with the correct side facing you, making sure it covers your nose and mouth, and fits securely.
3. Once you have put on the mask, DO NOT TOUCH IT AGAIN until you get home and take it off. (Touching your mask with dirty hands can spread the virus onto your face.)
4. When you take it off, carefully fold the mask inside out and place it in warm soapy water.
5. Wash your hands again before doing anything else.
6. **WASH MASK IN WARM SOAPY WATER** after every use and **IRON** it or hang it in the sun to destroy the virus.
7. You should have at least two different masks so you always have one ready for use while the other is in the wash.