

The **health and safety** of all persons attending our sites continues to be paramount during this time. In line with NSW Government Advice the Diocese strongly encourages the use of masks where it has been recommended.

The current advice from NSW Government strongly encourages the use of masks in the following situations:

- If it is hard to maintain 1.5 metres physical distance from others
- When in high-risk indoor settings including shops and places of worship
- When caring for or serving vulnerable people

Note: The current advice from NSW Government is that Vulnerable people should always wear a mask outside of their home.

Put on your mask safely

- ✓ Before putting on your mask, wash your hands for at least 20 seconds with soap and water or use hand sanitiser that is made up of over 60% alcohol.
- ✓ Ensure you are using a new surgical mask or clean cloth mask. Do not reuse surgical masks. Always use a clean and dry cloth mask.
- ✓ Check the mask for defects, such as tears or broken loops.
- ✓ If you are wearing a surgical mask, position the coloured side of the mask outward.
- ✓ If the mask has:

Ear loops: Hold the mask by both ear loops and place one loop over each ear.

Ties: Hold the mask by the upper strings. Tie the upper strings in a secure bow near the crown of your head. Tie the bottom strings securely in a bow near the nape of your neck.

Dual elastic bands: Pull the bottom band over your head and position it against the nape of your neck. Pull the top band over your head and position it against the crown of your head.

A metallic strip or wire: Mould the bendable metallic upper strip to the shape of your nose by pinching and pressing down on it with your fingers.

- ✓ Pull the bottom of the mask over your mouth and chin. Be sure your mask fits snugly.

Wear your mask safely

- ✓ For each new situation put on a clean mask.
- ✓ Don't touch the mask while you are wearing it. If you do touch it, wash or sanitise your hands.
- ✓ If your mask gets soiled or damp, replace it with a new one.

Remove your mask safely

- ✓ When removing your mask, always avoid touching your eyes, nose, or mouth
- ✓ If possible, remove your mask outside and away from other people
- ✓ Carefully remove your mask by grasping the ear loops or untying the ties. For masks with a pair of ties, unfasten the bottom one first, then the top one.
- ✓ Dispose of single-use masks responsibly in a closed lid bin.
- ✓ Wash and dry reusable cloth masks after each use.
- ✓ Store in a plastic or zip-lock bag until you have an opportunity to wash them.
- ✓ Wash cloth masks in the washing machine with other clothes or by hand using soap.
- ✓ Lay out flat to dry (in the sun if possible) or put in the dryer.
- ✓ Store in a clean, dry place.
- ✓ After removing your mask, always wash your hands for at least 20 seconds with soap and water or use alcohol-based hand sanitiser containing at least 60% alcohol.