

How to use a cloth face mask properly

Why do ECD staff need to wear a face mask?

All adults must wear a cloth face mask when they are at an ECD programme. This is because face masks reduce the risk of spreading Coronavirus.

Why do face masks need to be worn correctly?

If a mask is not used correctly it reduces the benefit and may even increase the risk of infection. This means you need to put it on and take it off in the correct way, and avoid touching or fiddling with it once it is on.

Do children need to wear a face mask?

Children aged between 2 and 5 years-old should be encouraged but not forced to wear a face mask. (Children aged under 2 years-old do not need to wear a face mask.) If a child arrives at your programme without a face mask you must give them one to wear. You will need to give children gentle support to help them wear their mask correctly.

What kind of face masks can I use?

It is fine to use a cloth face mask. You do not need to use a special medical face mask. Masks should be washed after each use.

How to make a cloth face mask



How to use a cloth face mask correctly?

Follow each of these steps:

- 1 Wash your hands before putting on a mask or before helping a child with their mask.
- 2 Place the mask over the nose and mouth and make sure both are covered well.
- 3 Tie the strings behind your head or if it has elastic bands, make sure they are tight.
- 4 Move it around to get the best fit, without touching the cloth part.
- 5 Once you have put on the mask **do not touch your face or the mask** until you take it off.
- 6 Remove the mask for eating or drinking. Store each mask in a separate bag or container and make sure it never comes into contact with other masks.
- 7 Take off the mask by undoing the ties and folding it inside out. Holding it by the strings only, place it into a container.
- 8 Wash your hands thoroughly after taking off the mask.
- 9 Wash the mask in warm soapy water and dry thoroughly before it is used again.

Remember a face mask is NOT a replacement for other preventative measures. You still need to keep physical distance and wash your hands regularly.