

Wearing a Face Mask



how to stay safe from Covid-19

A decorative horizontal bar at the bottom of the page, consisting of three parallel lines in yellow, blue, and dark blue.

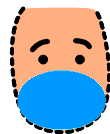
What is a face mask?

- A face mask is a piece of fabric that is used to cover your mouth, nose and chin.
- Face masks come in lots of different styles and colours.
- Some face masks have elastic and some have ties which go around you ears or the back of your head.
- Some face masks are reusable, you can wash them and use them again.
- Some face masks are disposable, you throw them in the bin straight after they have been used.

what



face mask



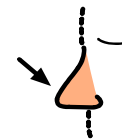
cover



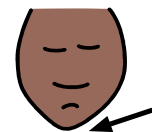
mouth



nose



chin



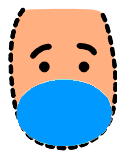
Why are people wearing face masks?

- People are wearing facemasks at the moment to help stop the spread of germs and viruses including Covid-19 which is also called the Coronavirus.
- Face masks help to keep everyone safe.

why



face mask



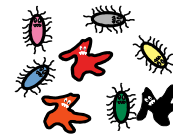
stop



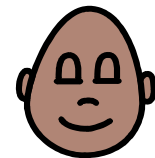
spread



germs/virus



safe



Who needs to wear a face mask?

- Everyone over the age of 12 needs to wear a face mask some of the time.
- This includes you and your family.
- This includes support workers.

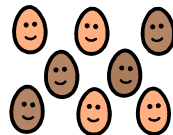
who



face mask



people



12+

12+

staff



family



When will I need to wear a face mask?

- You will need to wear a face mask whenever you have a shift with a support worker at home, in the car and out in the community on your shift.
- You will need to wear a mask if you leave your home to go anywhere with your family in the community as well.

when



face mask



you, your



staff



family



home



car



places



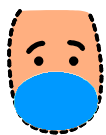
What does it feel like to wear a face mask?

- It feels a bit different wearing a face mask at the beginning.
- You might need to try a few different types of face masks until you find one that feels comfortable.
- Keep trying every day and it will feel better each time.

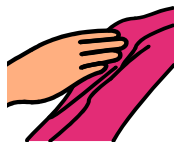
what



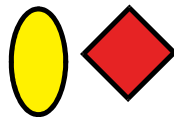
face mask



feel



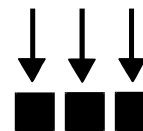
different



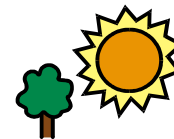
try



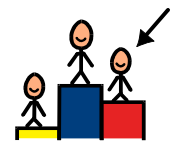
every



day



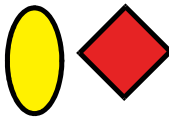
better



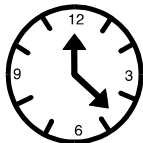
Lets work together to stay safe

We understand that things are different at the moment and it will take time to get used to wearing a face mask, keep trying everyday, you will get better at it with practice and you will help to keep everyone safe.

different



times



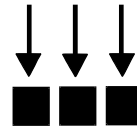
face mask



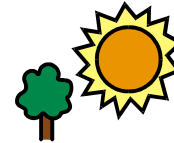
try



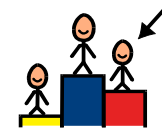
every



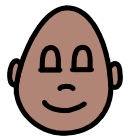
day



better



safe



Useful Resources

- How to make your own face mask: Department of Health and Human Services
<https://www.dhhs.vic.gov.au/design-and-preparation-cloth-masks-covid-19-doc>
- How to make your own face mask video:
<https://youtu.be/R1GZilOKpgQ>
- Department of health and Human Services Coronavirus latest information:
<https://www.dhhs.vic.gov.au/coronavirus>

***This social story is designed to help make it a bit easier for people to understand what face masks are used for and who needs to wear them. Please follow your state government guideline as these are changing all the time.**

20 July 2020

Creating Opportunities and Choice



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