

# How to use face masks

Face masks can be worn to help prevent the transmission of bacteria and viruses.

**Note: These masks are designed to be worn by the infected person to prevent spread of disease and are not designed to prevent bacteria or viruses entering the body.**

## When to wear a face mask

You should wear a mask if feeling unwell with flu like symptoms including runny nose, coughing, sore throat or fever. Wearing a mask helps prevent the virus / bacteria from spreading to other people.

If you are feeling well, wearing a mask is unlikely to prevent viruses or bacteria entering your body.

## How to get a face mask

If experiencing flu like symptoms while on Bentley campus, contact the Curtin Health Clinic. Please call in advance (9266-7345) so the clinic can prepare for your arrival, minimising the risk of potential contamination of other patients and clinic staff. Clinic staff will determine if providing a mask is appropriate.

At other campuses, please make an appointment with a GP. Once again, advise the GP of your symptoms in advance.

If off campus or travelling and feel unwell, make an appointment with a GP. For more information about call Health Direct line 1800 022 222 or the WA Coronavirus Hotline 1800 022 222

## How to wear a face mask



Make sure the mask fits well. Pinching the mask onto the bridge of the nose and ensuring mouth and chin are completely covered gives the best results. These fitting tips apply to all similar disposable masks.

## Disposal of masks

These types of disposable masks are designed to capture viruses and bacteria as they exit the body via sneezing or coughing. Worn masks should be disposed by placing them directly into a closed bin then wash your hands thoroughly.



The most effective way to minimise risk of viral or bacterial infection is to **wash your hands vigorously** and use hand sanitiser frequently. When possible, avoid coming into close contact with others who appear to have flu like symptoms.