

## Information on wearing face covering or face masks

August 2020



This is Easy Read information about wearing **face coverings**.



**Face coverings** are sometimes also called **face masks**.

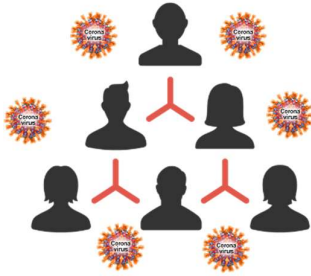


This information is about how face coverings will help to stop the spread **COVID-19**.

**COVID-19** is a virus that can make people very sick.



We have seen in other countries that face coverings stop many people getting COVID-19.



Face coverings work well when there is **community transmission**.



**Community transmission** is when people have COVID-19 but we do not know where they got it from.



It means people could catch COVID-19 when they are doing things like:

- going shopping
- using a bus.



COVID-19 spreads when people are close to a person who has COVID-19.



Wearing a face covering helps keep everyone safe.



It is a good idea to have some face coverings ready at home before you need to use them.



Make sure you have enough face coverings for everyone who lives with you.



This also means having face coverings ready for any **children over the age of 7 years old.**

# Wearing face coverings or face masks on public transport



From Monday 31 August 2020:

If you use **public transport** anywhere in New Zealand you **must** wear a face covering or face mask.

**Public transport** means:

- buses
- trains
- ferries
- taxis / ubers.

If you are travelling on a plane you **must** also wear a face covering or face mask.

## Different kinds of face coverings



You can buy **single use** face coverings like face masks.



**Single use** face masks means you:

- wear the mask 1 time
- throw the mask away when you have finished wearing it.



You can also buy or make your own **reusable face covering**.

**Reusable face coverings** are masks that you can wear more than 1 time.



With reusable face coverings you:

- wash the mask in hot water after you have finished wearing them 1 time
- wear again once they are dry.



You can buy face coverings:

- on the internet
- in pharmacies
- in supermarkets
- in some other shops.





You can also make your own reusable face covering at home.



If you want to make your own face covering there is a video that you can watch on the **COVID-19 website**:

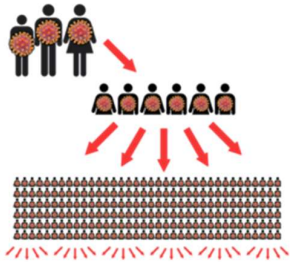
<https://covid19.govt.nz/health-and-wellbeing/protect-yourself-and-others/wear-a-face-covering/>



If you do not have a face mask you can wear a:

- bandana over your mouth and nose
- scarf over your mouth and nose.

# Wearing face coverings or face masks at different Alert Levels



Face coverings or face masks will be most useful when:

- there is COVID-19 in the community
- people are close to each other like at work or with friends.



Unite  
against  
COVID-19

The risk of people having COVID-19 is bigger at:

- Alert Level 2
- Alert Level 3
- Alert Level 4.

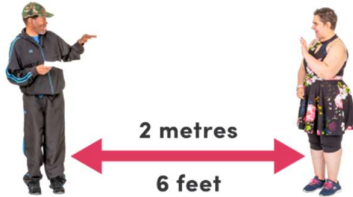


This means wearing a face covering is more important at these Alert Levels.

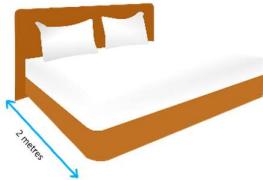




It is also important to wear face coverings in places where you cannot **physically distance** from other people.



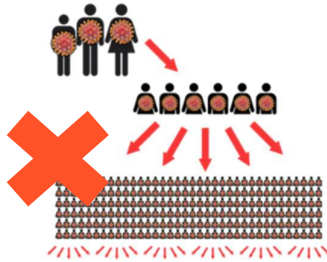
To **physically distance** means need to stay **2 metres** or more away from anyone else.



**2 metres** is about as long as a bed.

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COVID-19**

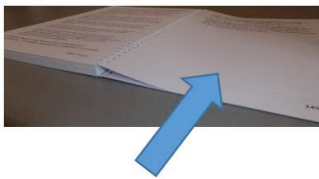
The different Alert Levels tell us when we need to wear face coverings.



## Alert Level 1

At Alert Level 1 you **do not need to wear a face covering.**

This is because there does not seem to be any community transmission of COVID-19.



## Alert Level 2

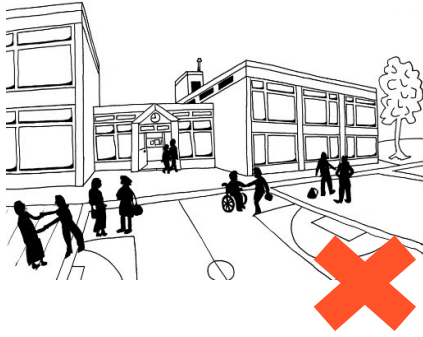
From 31 August 2020 you **must** wear a face covering or face mask when using **public transport**.

See **page 4** for more information about wearing face coverings on public transport.

At Alert Level 2 you **it is also a good idea to wear a face covering if you cannot physically distance**.

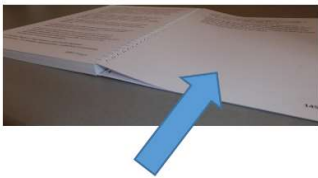
This means it is a good idea to wear a face covering:

- In shops / supermarkets
- where there are lots of people.



In Alert Level 2 children and young people do not need to wear face coverings at school.

Teachers do not need to wear face coverings.



### Alert Level 3

From 31 August 2020 you **must** wear a face covering or face mask when using **public transport**.

See **page 4** for more information about wearing face coverings on public transport.

In Alert Level 3 most people must stay at home to stop the spread of COVID-19.

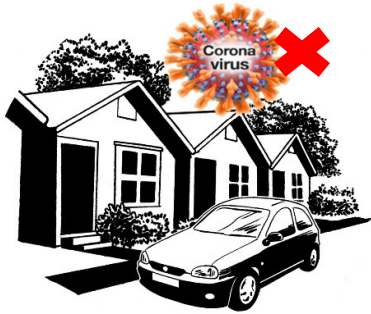
If you do need to go out during Alert Level 3 you **should** wear a face covering **where you cannot physically distance**.



In Alert Level 3 you should wear a face covering when you go to places like the:

- supermarket
- pharmacy
- markets.

You should wear a face covering in places where there are lots of people.



## Alert Level 4

In Alert Level 4 most people must stay at home to stop the spread of COVID-19.

If you do need to go out during Alert Level 4 you **should** wear a face covering **whenever you leave your home**.

This means wearing face covering if they leave your home to do things like:

- go to the supermarket
- go to the pharmacy
- exercise
- go on public transport.

## What to do if you cannot wear a face covering or face mask

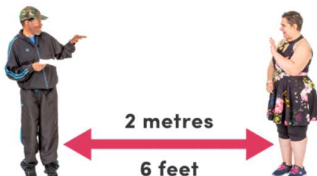


Some disabled people find it hard to wear a face covering or face mask.

Disabled people and young children should not wear a face covering or face mask if they:



- find it hard to put on or take off a face mask without help
- find it hard to breathe while wearing a face mask.



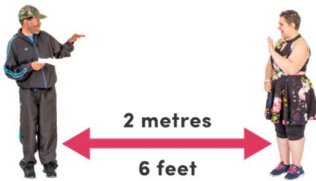
If you cannot wear a face covering or face mask because of your disability you **must stay 2 metres away** from everyone else.



It is okay to take off your mask if you or someone you are talking to uses:



- sign language
- lip reading.



You must stay **2 metres away while you are talking or signing.**

If you wear a hearing aid or cochlear implant be careful when taking your face covering on or off so that:



- you do not lose your hearing aid or cochlear implant
- your hearing aid or cochlear implant does not get tangled in the face covering.



# How to use a face covering or face mask safely



1. **Wash your hands** before putting on your face covering or face mask.

Wash your hands with soap and water for 20 seconds then drying them.



If you cannot wash your hands use a good hand sanitiser.

2. Put the face covering on so that it **covers** your:



- nose
- mouth
- chin.

3. **Keep the face covering in place**  
using the:



- head ties
- ear loops.

4. Make sure the face covering:



- fits your face well so that there are **no gaps** between the mask and your face
- lets you breathe easily.

5. When you wear a face covering **do not touch**:



- the front of your mask
- your face
- your eyes.



6. Wash your hands or use hand sanitiser again before you take your face covering off.

Take your face covering off carefully by:

- holding the ear loops
- untying the ties.



If you have a mask that ties around your head undo the bottom tie before the top one.



7. If you are using a **single use mask** put it:

- in a **bin** with a lid
- a plastic bag and then in the bin.



**Do not** try to use single use masks again.



If you are using a **reusable cloth mask** wash it **every time** you use it with:

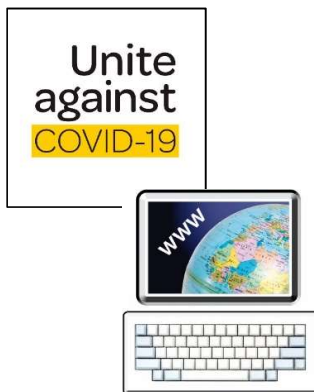
- hot water
- washing powder.



Make sure your mask is dry before you wear it.



8. When you have taken your face covering off **wash your hands** or use hand sanitiser again.



There is a video on the COVID-19 website which shows you how to take off your face covering safely.

You can watch a video on the **COVID-19 website:**

<https://covid19.govt.nz/health-and-wellbeing/protect-yourself-and-others/wear-a-face-covering/>



If you need help to understand any of the information in this fact sheet you can call the **People First New Zealand helpline**.



The People First New Zealand **helpline** is **0800 20 60 70**



You will be asked to leave a message with your:

- first and last name
- phone number.



The People First New Zealand helpline is free to call.



This means it will not cost you any money to call the helpline.



You can also email People First New Zealand on **ask@peoplefirst.org.nz**



A People First worker will call or email you back.





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