

GUIDANCE ON THE USE OF MASKS

14 August 2020

Do I need a mask?

The Ministry of Health recommends that every household has a supply of masks for each household member. These can be either washable fabric masks, or disposable single-use face masks.

Read more at the [Ministry of Health website](#).

When should I wear a mask?

The need for face masks varies by alert level; guidance is provided on the [Ministry of Health website](#).

The key points are:

Alert Level 1 - It is not necessary to wear a face mask. There is no community transmission.

Alert Level 2 - Wear a mask in situations where physical distancing is not possible.

Alert Level 3 - It is highly recommended that you wear a mask when you are out in public.

Alert Level 4 - It is highly recommended that you wear a mask when you are out in public.

Read more at the [Ministry of Health website](#).

What can be used as a mask?

Masks can be either washable fabric masks, or disposable single-use face masks. Disposable masks can be purchased from pharmacies or supermarkets.

Washable masks can be made from a scarf or bandana. People can also make their own masks from other common materials. The [World Health Organization \(WHO\) website](#) has advice and short videos about making your own mask.

The Ministry of Health recommends approximately four fabric reusable (washable) face masks per family member.

Read more at the [Ministry of Health website](#).

How do I use a mask safely?

Do not share a mask with another person.

The [Ministry of Health website](#) has advice on how to safely put on a mask, remove a mask, dispose of single-use masks, and how to wash fabric masks.

