

NON-MEDICAL MASKS

Face masks can be worn to help protect those around you. It is important to remember that wearing a mask should be combined with other important preventative measures such as frequent hand washing, and physical distancing.

PUTTING ON YOUR MASK:

1. Wash your hands with soap and water for 20 seconds or use an alcohol-based hand sanitizer.
2. Pick up your mask by the ties or loops to place the mask over your nose and mouth and secure it.
3. Adjust the mask if needed to make sure your nose and mouth are covered. You want the mask to be comfortable, but also tight enough that there are no gaps.
4. While wearing the mask avoid touching your mask or face, and wash your hands if you do.

REMOVING YOUR MASK:

1. Remove it by the ties or loops without touching the front of the mask.
2. Fold the outer part of the mask together and place it inside a clean paper bag.
3. Wash your hands with soap and water for 20 seconds or use an alcohol-based hand sanitizer.

STORING YOUR MASK:

When you are not using your mask, place it in a paper bag or envelope. This keeps your mask clean until you wear it again, or until you are able to wash it.

WASHING YOUR MASK:

Your mask should be washed each day, or if it becomes damp or soiled. To clean masks:

- Put it directly into the washing machine, using a hot cycle, and then drying thoroughly.
- Wash it thoroughly by hand using soap and hot water. Allow it to dry completely before washing again.

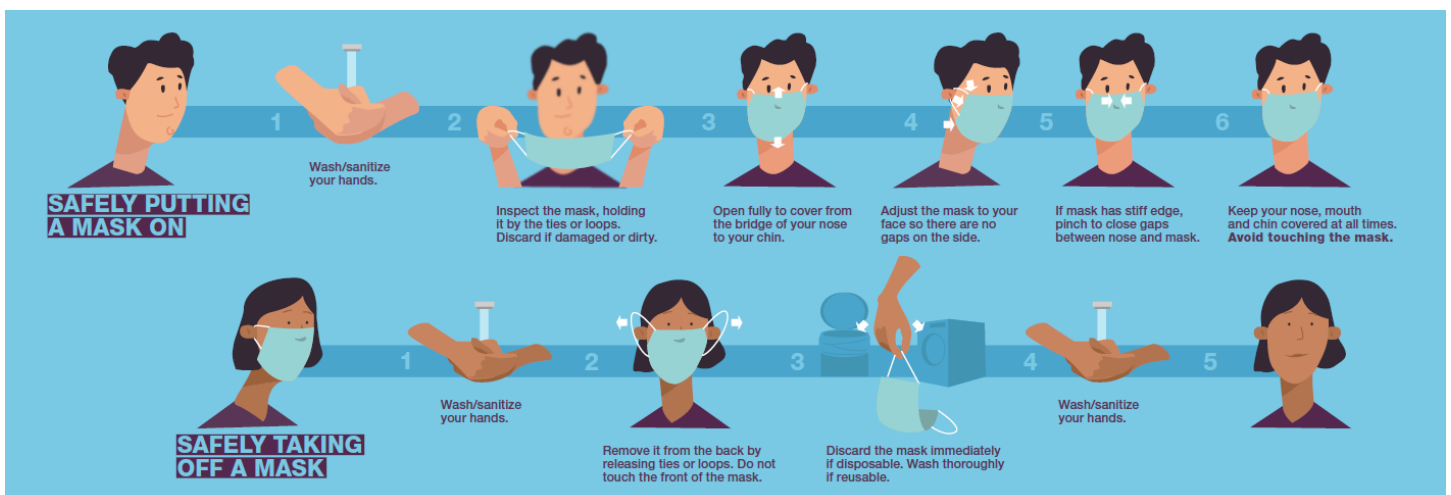
DO'S AND DON'TS OF WEARING NON-MEDICAL MASKS

DO:

- Make sure your mask isn't damaged, and it's clean and dry
- Replace your mask whenever it becomes damp or dirty
- Wash your hands for 20 seconds or use hand sanitizer before and after touching the mask
- Use the ear loops or ties to put on and remove your mask
- Make sure your nose and mouth are fully covered, it fits securely, and there are no gaps on the sides
- Store your mask in a clean paper bag when it is not in use
- Wash your mask with hot soapy water and let it dry completely before using it again

DON'T:

- Use masks that are damaged, dirty or moist
- Touch the mask while wearing it
- Wear a loose mask
- Hang the mask from your neck or ears
- Remove the mask to talk to someone
- Share your mask



If you have fever, a new cough, or are having difficulty breathing, call 8-1-1.
For non-medical inquiries call 1-888-COVID19 (1-888-268-4319) or text 604-630-0300.