



## When to use a mask:

- When in public areas when physical distancing is not possible (e.g. on the bus or at the grocery store)
- Anytime you are unable to maintain physical distance (even if you're outside)
- At any facility or location that mandates it (e.g. health care or on transit.)

Masks are recommended as a barrier to help prevent respiratory droplets from traveling into the air when the person wearing the mask coughs, sneezes, or talks. They are not recommended for people with difficulty breathing or who cannot remove the mask without help. You still need to maintain physical distancing and wash your hands frequently when wearing a mask

### DO choose masks that



## Key points about masks

- Wash your hands before putting on a mask
- Do not touch the mask when you are wearing it
- Wear masks with two or more layers (preferably 3)
- Wear the mask over your nose and mouth and secure it under your chin
- If you wear glasses, use a mask that has a nose wire.

## How to wear a mask





## How NOT to wear a mask



Around your neck



On your forehead



Under your nose



Only on your nose



On your chin



Dangling from one ear

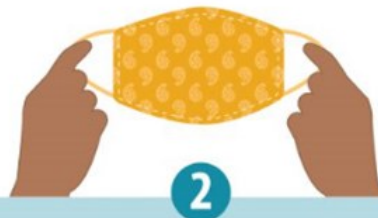


On your arm

## How to take off a mask



Carefully, untie the strings behind your head or stretch the ear loops



Handle only by the ear loops or ties



Fold outside corners together



Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing

## How to clean a mask

Masks should be washed regularly.

- Include your mask with your regular laundry
- Use regular laundry detergent and the warmest water setting for the cloth used to make the mask
- Use the highest heat setting and leave in the dryer until completely dry.

