

COVID-19 & MASKS

Masks play an important role in the safety of our community when two metre physical distancing is difficult.

Putting on a cloth mask:



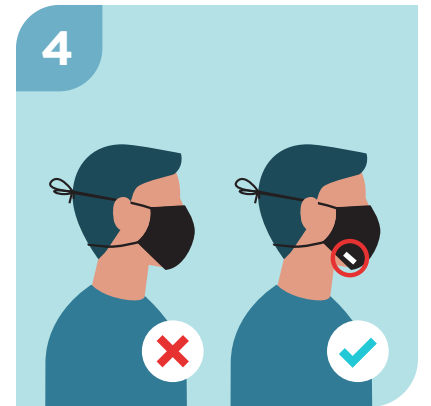
1 Clean your hands with soap and water or hand sanitizer before touching the mask. To conserve supplies, use soap and water if available.



2 Touching the mask on the ties or loops only, inspect for tears or holes. Replace if damaged. Avoid touching the front of the mask.



3 Determine which side is the top. The stiff bendable edge is the top and is meant to mold to the shape of your nose.



4 Determine which side is the front. The front side, commonly a coloured or patterned cloth with a logo or other marking, should face away from you, while inside, commonly white fabric, touches your face.



5 Follow the instructions for the type of mask you are using:

Face Mask with EAR LOOPS:

Hold the mask by the ear loops. Place a loop around each ear.

Face Mask with TIES:

Bring the mask to your nose level and place the ties over the crown of your head and secure with a bow. Then take the bottom ties, one in each hand, and secure with a bow at the nape of your neck.

Face Mask with BANDS:

Hold the mask in your hand with the nosepiece or top of the mask at fingertips, allowing the headbands to hang freely below hands. Bring the mask to your nose level and pull the top strap over your head so that it rests over the crown of your head. Pull the bottom strap over your head so that it rests at the nape of your neck.



6 Pull the top of the mask over your nose.



7 Pull the bottom of the mask over your mouth and chin. Masks should fit snugly, with no gaping.

Avoid moving the mask around or adjusting it often. The mask can become contaminated on the outside or when touched by hands.

Taking off a cloth mask:

1 Clean your hands with soap and water or hand sanitizer before touching the mask. To conserve supplies, use soap and water if available.

2 Prepare one sealable plastic bag or container by opening it with clean hands.

3 Remove the mask, avoiding touching the front of the mask. The front of the mask is contaminated. Only touch the ear loops/ties/band.

4 Place the mask in the plastic bag and seal.

5 Clean your hands with soap and water or hand sanitizer.

Cleaning of a cloth mask:

Cloth face masks should be washed in hot, soapy water (hand wash or machine) and let dry completely before wearing again.