

# HOW TO SAFELY WEAR A MASK



Wash your hands before putting it on and after taking it off.

Make sure it fits to cover your mouth and nose.

Wash your cloth mask in the laundry.

Clean surfaces that a dirty mask has touched.

## ***DON'T...***

Touch your face or mask while using it.

Use masks on children under 2 or those who can't breathe with them on.

Share your mask with others.

## THINKING OF WEARING A CLOTH MASK?

### ***IT CAN...***

Protect others from your germs.

Be made from materials you have at home.

Offer protection to others if 2 metres physical distancing cannot be maintained.

Keep you from touching your nose & mouth.



### ***CAUTION...***

Cloth face masks may not protect you from COVID-19.

Should not be used on children under two years old.

Must be properly used & disposed of to reduce infecting yourself or others.

Do not use medical masks as they are needed by health care workers.  
**STAY HOME | KEEP 2 METRES (6') APART | WASH HANDS OFTEN**