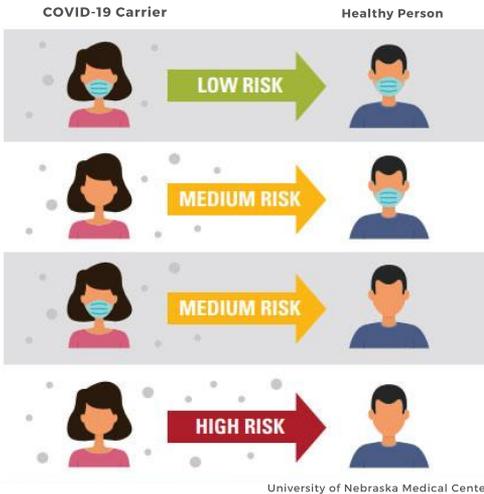


Protect Against COVID-19

Wear a Mask



Masks can lower the risk of people infected with COVID-19 from spreading the virus through saliva/mucous droplets that are expelled into the air when they speak, cough or sneeze. These droplets often evaporate into tiny particles that can linger in the air and infect others. Masks trap a person's droplets before they can evaporate and become contagious for others. This is critical because at least 1 in 6 people infected with COVID-19 does not have symptoms. It is important to remember that masks are most effective when they are used by all people in public settings.

Wear a mask to protect yourself, your family and your community.

Wear a mask

- Anytime you are outside your home.
- When you are in an indoor public space, such as a grocery store, clinic/hospital, or public transportation.
- When it is not possible to maintain a physical distance of at least 1.5 meters from others.
- When you are taking care of someone who is vulnerable to COVID-19 like someone with a pre-existing medical condition &/or the elderly.
- If you are caring for someone who is exhibiting symptoms of COVID-19.
- If you are using shared spaces at work (such as the kitchen, bathroom, or elevator).
- If you are sick or suspect you may have been infected with COVID-19.
- If you are quarantining at home with your family. It is important to wear a mask in all shared spaces of your home like the kitchen and bathroom that may also be used by other family members.

Do not wear a mask

- If you are a child under the age of 2.
- If you are hearing impaired, or communicating with a person who is hearing impaired, where the ability to see the mouth is essential for communication.
- If you have a medical condition or disability that prevents wearing a face covering as it could obstruct breathing.
- Masks should not be worn by people who are unconscious, incapacitated, or otherwise unable to remove their mask without assistance.

DO'S

- Thoroughly wash hands with soap and water before touching the mask.
- Inspect the mask for any damage or dirt.
- Adjust the mask without leaving gaps on the side.
- Cover your mouth, nose, and chin.
- Avoid touching the mask.
- Clean your hands before removing the mask.
- Use the straps to remove the mask and pull it away from your face.
- Store the mask in a clean resealable plastic bag if it is not dirty or wet, and you plan to re-use it.
- Remove the mask from the bag by the straps.
- Wash the mask with soap or detergent, preferably with hot water, at least once a day.
- Clean your hands after removing the mask.

DON'TS

- Don't use a ripped or damp mask.
- Do not wear the mask only over mouth or nose (both must be covered).
- Do not wear a loose mask.
- Do not touch the front of the mask.
- Do not do other things that will require touching the mask.
- Do not leave used mask within the reach of others.
- Do not re-use the mask if it is torn or has deteriorated due to overuse.

