

# NON-MEDICAL MASKS

Keeping each other safe is more important than ever. Wearing a non-medical mask is now mandatory in most indoor public places. Here's how to safely wear and care for your non-medical, reusable mask:



Ensure the mask is made of at least two layers of tightly woven fabric.



Inspect the mask for tears or holes. Ensure mask is clean and dry.



Wash or sanitize your hands before and after touching the mask.



Use the ties or ear loops to put the mask over your mouth and nose.



The mask should fit snugly to the cheeks and cover your nose and mouth. There should be no gaps.



Avoid touching your face while wearing the mask.



Wash or sanitize your hands if you touch the mask and before and after removing the mask.



Remove the mask by the ties or ear loops. Avoid touching the front of the mask.



Store the mask in a clean place if wearing it again.



Wash the mask with hot, soapy water and let dry completely. Masks can be included with laundry.

## Mask Don'ts

- ✗ Don't reuse masks that are moist, dirty or damaged
- ✗ Don't touch your mask while wearing it
- ✗ Don't hang the mask from your neck or ears
- ✗ Don't leave your used mask within reach of others
- ✗ Don't wear a loose mask
- ✗ Don't remove your mask to talk to someone
- ✗ Don't share your mask
- ✗ Don't wear a face shield instead of a mask

## A mask alone cannot prevent the spread of COVID-19.

### Be sure to:

- Stay home if you feel unwell
- Maintain physical distance as much as possible
- Wash or sanitize your hands often
- Use proper cough or sneeze etiquette
- Avoid touching your face, mouth, nose and eyes