

HOW TO PUT ON A FACE MASK

Cloth or non-medical masks are recommended to reduce the spread of your own germs in areas where physical distancing may be challenging. It could also offer some protection for you when you go out for essentials. Medical and surgical masks, including N95 respirators, should be saved for our front-line health professionals.



1. Perform Hand Hygiene

Wash your hands for at least 20 seconds or use alcohol-based hand sanitizer.



2. Secure the elastic loops of the mask around your ears

If your mask has strings, tie them securely behind your head.



3. Cover your mouth and nose with the mask

Make sure there are no gaps between your face and the mask.



4. Do not touch the front of the mask while you wear it

Wash your hands with soap and water for at least 20 seconds or use alcohol-based hand sanitizer if you accidentally touch your mask.

HOW TO REMOVE YOUR MASK

Do not touch the front of your mask to remove it



1. Wash your hands with soap and water for at least 20 seconds or use alcohol-based hand sanitizer.



2. Remove the elastic loops of the mask from around your ears or untie the strings from behind your head.



3. If you are wearing a disposable mask hold only the loops or strings and place the mask in a garbage bin lined with plastic. Cloth masks should be washed after each use.



4. Wash your hands with soap and water for at least 20 seconds or use alcohol-based hand sanitizer after taking the mask off and disposing of it or throwing in the laundry.

A few tips to keep in mind

- Ensure the right side of the mask is facing outwards
- Do not share masks. Do not reuse single-use masks
- Do not use masks on children under the age of 2, anyone who has trouble breathing or is unable to remove the mask without assistance
- Replace a disposable mask once it becomes damp or soiled. Wash a cloth mask in the laundry after each use
- Do not leave any discarded masks in places where others can come in contact with them such as shopping carts, bus stops, or on the ground
- Wearing a non-medical mask is NOT a replacement for physical distancing. Keep a 2-metre distance whenever possible to help stop the spread of COVID-19

For more information, visit york.ca/COVID19