

Use of non-medical masks

Updated May 1, 2020

If you choose to wear a non-medical face mask:

- ✓ Wash your hands before putting the mask on and after taking it off **EVERY TIME**
- ✓ Make sure it fits properly to cover your mouth and nose
- ✓ If you must take your mask off to eat, place it face (outside) down on a paper towel.
- ✓ Change a mask as soon as it becomes damp or soiled
- ✓ Put cloth masks directly into a bag or washing machine to be washed on a hot water cycle. Wash every time you use it.
- ✗ **DO NOT** share masks or face coverings with others
- ✗ **DO NOT** touch your face or mask while using it
- ✗ **DO NOT** use masks on children under 2 years of age or anyone who is unable to remove a mask on their own
- ✗ **DO NOT** leave used masks in shopping carts or on the ground



The best way to stop the spread of COVID-19 is to:



Stay home



Practice physical distancing



Wash your hands often

1-800-922-0096
www.swpublichealth.ca