



Appropriate use of masks

When worn properly, a mask can reduce the spread of respiratory droplets. However, while wearing a mask provides additional protection to the people around you, it's crucial to also continue to follow the principles of physical distancing and good hand hygiene. Follow these guidelines to ensure you wear your mask properly.

Putting on a mask



Wash your hands with soap and warm water for 20 seconds. If you can't wash your hands with soap and water, use a hand sanitizer made with at least 60 percent alcohol.



Place the mask over your face with the rigid edge upwards.

- If it's a medical mask, make sure the white side faces you and the blue side faces outward.



Secure the straps (e.g., elastics, strings) behind your ears or head.



Shape the rigid edge of the mask to the bridge of your nose and adjust the bottom beneath your chin.

- If it's a non-medical mask with no rigid band, adjust it as snugly as possible over your face.
- Make sure the mask fully covers your nose and mouth.

Repeat the hand washing step once you've put on the mask.



Taking off a mask

Wash your hands with soap and warm water for 20 seconds. If you can't wash your hands with soap and water, use a hand sanitizer made with at least 60 percent alcohol.



Remove the mask by pulling the straps—avoid touching the front of the mask. Avoid touching your face before washing your hands.

- If it's a single-use mask, immediately dispose of it in a garbage can or plastic bag.
- If it's a reusable mask, wash it with detergent or with soap and hot water before reusing it.
 - If you're not at home when you remove the mask, you can store it in a closed plastic bag.

Repeat the hand washing step once you've put on the mask.



Tips

Don't touch your face while wearing the mask. Wash your hands every time you touch your face.

Don't place a mask on a child under the age of 2 or on anyone incapable of removing it without help.

Make sure the mask doesn't interfere with your vision or breathing.

Don't lend your mask to anyone.



Replace your mask as soon as it becomes damp or wet.



Don't hang the mask around your neck or from your ears.

For more information:

Government of Canada

www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks/about-non-medical-masks-face-coverings.html