

When and how to wear a face mask

Wear a cloth, surgical or disposable fabric face mask when:

1. You are ill
2. Going outside to shop
3. Caring for someone who is ill

A mask is in Addition to (not in place of)

1. Social distancing – maintain six feet apart
2. Washing hands
3. Cover cough and sneeze
4. Do not touch your face

A handmade cloth, surgical or disposable fabric mask will:

1. Reduce viruses and bacteria spread by the wearer
2. Reduce intake of viruses and bacteria hanging out in the air

A Handmade cloth, surgical or disposable fabric mask will not:

1. Filter out all viruses and bacteria in the air
2. Replace social distancing – always maintain six feet apart

To don or put on a mask

1. Wash your hands
2. Determine top from bottom of mask – top may have a metal strip
3. Secure mask by putting elastic around the ears or tie above and below the ear line to the back of your head
4. No gaps between face and mask – assure nose and chin are covered, gaps around the mask allow droplets that contain viruses and bacteria to escape and enter the wearer.
5. Fit flexible noseband to bridge of nose if the mask has one.

To doff or take off a mask

1. Wash your hands
2. Do not touch the front of the mask as you will contaminate your hands
3. Remove by touching only the elastic or ties of the mask and carefully moving away from the face.
4. Dispose of or wash mask if reusable cloth
5. Wash your hand

Protections only comes when the masks are used properly. Studies show that medical professionals using surgical masks correctly get 80% fewer infections than those that don't.

