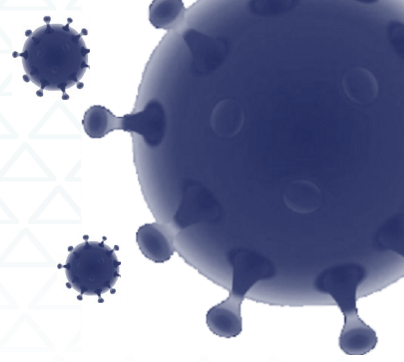


COVID-19 GUIDE Safe Mask Use



Safe Mask Use

Masks (medical/surgical masks or non-medical masks such as cloth masks or face coverings) can be worn to prevent and protect you from the spread of infectious respiratory droplets. How well a mask or face covering works depends on the materials used, how the mask is made, and most importantly, how well it fits.

A mask or face covering can be homemade or purchased, and should:



- Be made of at least 3 layers
 - 2 layers should be tightly woven material fabric, such as cotton or linen
 - The third (middle) layer should be a filter-type fabric, such as non-woven polypropylene fabric
- Be large enough to completely and comfortably cover the nose, mouth and chin without gaping
- Allow for easy breathing
- Fit securely to the head with ties or ear loops
- Be comfortable and not require frequent adjustments
- Be changed as soon as possible if damp or dirty
- Maintain its shape after washing and drying

What is the Danger?

The risk of getting COVID-19 is evolving daily and varies between and within communities. It continues to affect many lives and has made a significant impact across the World.

To stay healthy and to protect ourselves and others, we must be mindful of the ever-present risk of exposure to the virus. Some settings and situations increase the risk, such as being in:

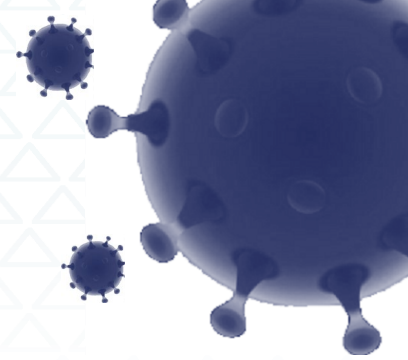
- Closed spaces
- Crowded spaces
- Close-contact settings where you can't keep 2 meters (6 feet) apart
- Close-range conversations
- Settings where there's singing, shouting or heavy breathing

Wearing a non-medical mask alone will not stop the spread of COVID-19 and other infectious diseases. Masks are simply another tool, especially in indoor public spaces where you may not be able to physically distance.



COVID-19 GUIDE

Safe Mask Use



Safety Tips

DO	DON'T
✓ Inspect the mask for tears or holes	✗ Wear a mask with exhalation valves or vents
✓ Ensure the mask or face covering is clean and dry	✗ Wear a loose mask
✓ Wash your hands or use alcohol-based hand sanitizer before and after touching the mask or face covering	✗ Wear a mask below your nose, covering only your mouth
✓ Use the ear loops or ties to put on and remove the mask	✗ Touch the mask while wearing it
✓ Ensure your nose, mouth and chin are fully covered	✗ Remove the mask to talk to someone
✓ Replace and launder your mask whenever it becomes damp or dirty	✗ Hang the mask from your neck or ears
✓ Wash your mask with hot, soapy water and let it dry completely before wearing it again	✗ Share your mask
✓ Store re-useable masks in a clean paper bag until you wear it again	✗ Leave your used mask within the reach of others
✓ Discard masks that cannot be washed in a plastic lined garbage bin after use	✗ Reuse masks that are damp, dirty or damaged

Demonstrate

Demonstrate proper safe mask use with all workers. Refer to 'Applying a Mask' and 'Removing a Mask' flowcharts on the next page for assistance.

Discussion

Review the Do's and Don'ts with all workers.

Discuss proper disposal of used masks in the workplace.

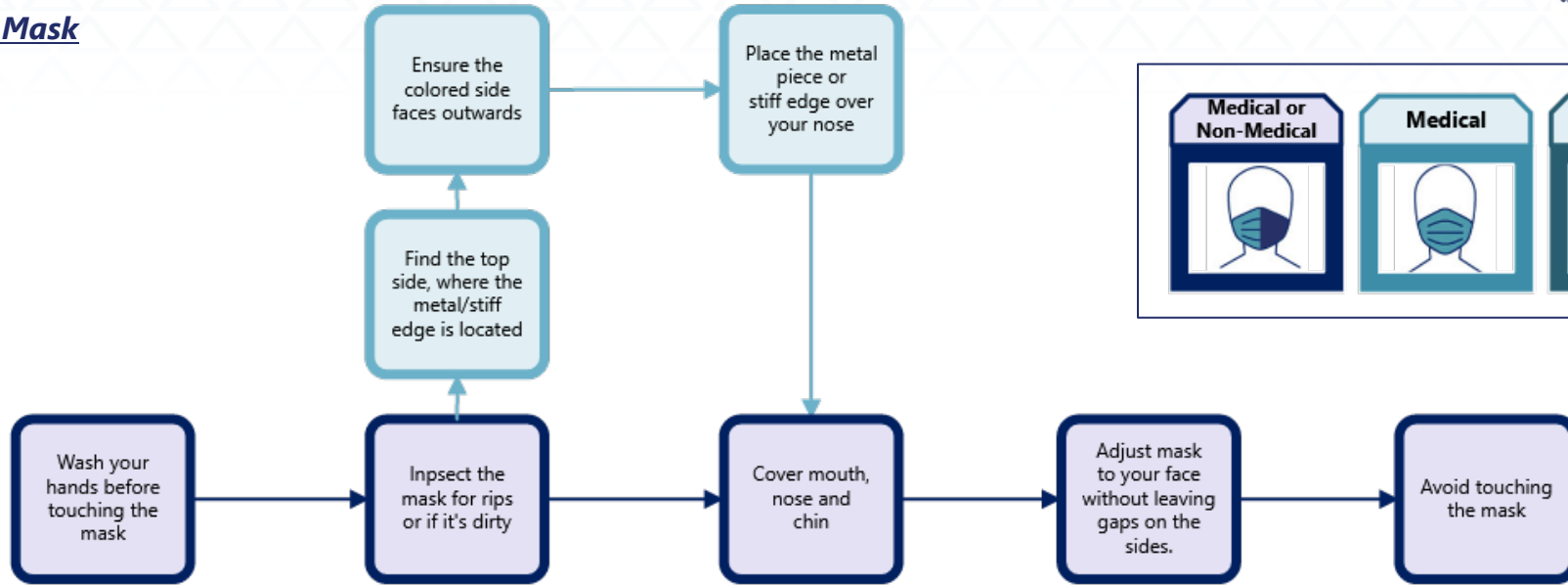


COVID-19 GUIDE

Safe Mask Use



Applying a Mask



Removing a Mask

