

## Face Mask Information

Horizon Health Network requires all patients/visitors entering our facilities to wear a face mask at all times during their visit. This requirement is supported by our Infection Prevention and Control Department, as well the Office of the Chief Medical Officer of Health (OCMOH).

### WHO SHOULD WEAR A FACE MASK?

- Everyone, including those with lung disease, are encouraged to wear a face mask, practice physical distancing, and frequent hand hygiene to prevent the spread of COVID-19.
- If wearing a face mask causes you anxiety or shortness of breath, avoid situations that require it. You can also speak to your healthcare provider to give you tips or advice, so you can wear a face mask.

### WHY SHOULD I WEAR A FACE MASK?

- Wearing a face mask can protect those around you. You may have the virus without showing any symptoms. When worn properly, a person wearing a face mask can reduce the spread of his or her own infectious respiratory droplets.

### CAN PATIENTS WITH UNDERLYING LUNG CONDITIONS WEAR A FACE MASK?

- There is NO evidence that wearing a face mask will exacerbate (cause a 'flare up' of) an underlying lung condition.
- If an individual experiences challenges with wearing a mask, we recommend that they speak with their health care provider to develop strategies in order to be able to use this added form of protection.

### DOES PROLONGED USE OF A FACE MASK CAUSE CO<sub>2</sub> INTOXICATION?

- The prolonged use of a face mask can be uncomfortable. However, it does not lead to CO<sub>2</sub> intoxication nor oxygen deficiency. While wearing a face mask, make sure it fits properly: covering your mouth and nose fully, making sure there are no gaps. Pull the bottom of the mask to ensure it fits under your chin.

### REFERENCES:

(Canadian Lung Association)

[https://www.lung.ca/sites/default/files/Facemask\\_infosheetENFINAL%20%281%29.pdf](https://www.lung.ca/sites/default/files/Facemask_infosheetENFINAL%20%281%29.pdf)

(Horizon Health Network)

[https://en.horizonnb.ca/home/patients-and-visitors/coronavirus-\(covid-19\)/covid-19-frequently-asked-questions.aspx](https://en.horizonnb.ca/home/patients-and-visitors/coronavirus-(covid-19)/covid-19-frequently-asked-questions.aspx)

(The Canadian Thoracic Society)

<https://www.tandfonline.com/doi/pdf/10.1080/24745332.2020.1780897?needAccess=true&>

(World Health Organization)

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>

(Government of Canada)

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