

# Proper Wear and Care of Masks

COVID-19 can spread from person to person through respiratory droplets produced when an infected person coughs, sneezes or talks. A face mask, combined with frequent hand hygiene and physical distancing, has been identified as an effective way to prevent the spread of respiratory infections.

## How to put on your mask



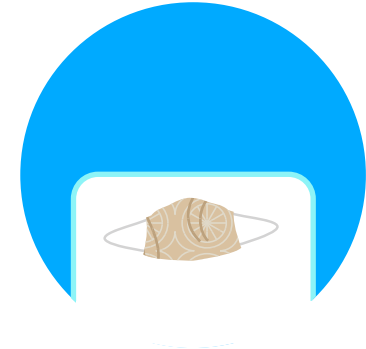
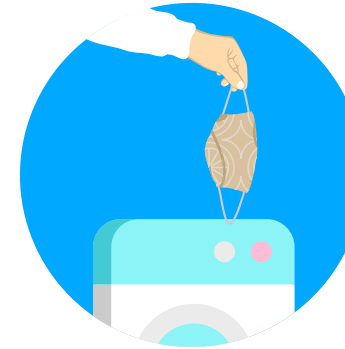
1. Ensure your mask is clean and dry.
2. Wash your hands with soap and water or use alcohol-based hand rub.
3. Secure the elastic loops of the mask around your ears. If your mask has strings, tie them securely behind your head and your neck, ensuring your mask fits snug on your face.
4. Cover your mouth and nose with the mask and make sure there are no gaps between your face and the mask.
5. Do not touch the front of the mask while you wear it. Wash your hands with soap and water or use alcohol-based hand rub if you accidentally touch your mask.

## How to remove your mask



1. Wash your hands with soap and water or use alcohol-based hand rub.
2. Do not touch the front of your mask to remove it and be careful not to touch your eyes, nose, and mouth when removing your face mask.
3. Remove the elastic loops of the mask from around your ears or untie the strings from behind your head.
4. Hold only the loops or strings and place your cloth mask directly in the wash. If you are in your car, place it into a bag until you get home to wash or discard it. If throwing it out, place it into a garbage bin.
5. Wash your hands with soap and water or use alcohol-based hand rub.

## How to clean your mask



Cloth masks should be changed and cleaned after each use, or if they become damp or soiled. You can wash your cloth mask by:

- putting it directly into the washing machine, using a hot cycle. or
- washing it thoroughly by hand using soap and warm/hot water.

To dry your mask, place it in the dryer or lay it out flat to air dry. Ensure your mask completely dry before wearing it again.

Masks that cannot be washed should be disposed of in a garbage bin, and replaced as soon as they get damp, soiled or crumpled.

For more information visit the [\*\*Public Health Agency of Canada's website.\*\*](#)

## Do:

- Wash your hands or use alcohol-based hand rinse before and after touching your mask
- Wear a mask that fits securely to the head with ties or ear loops
- Ensure your nose and mouth are fully covered
- Ensure the mask is made of at least two layers of tightly woven fabric
- Wash mask between each use, or after it becomes damp or soiled and let it dry completely before wearing it again
- Store your mask in a clean bag until you wear it again

## Don't:

- Reuse masks that are moist, dirty or damaged
- Touch the front of your mask while wearing it
- Hang your mask from your neck or ears
- Share with others
- Remove your mask to talk to someone
- Place on children under the age of 2 years
- Place on anyone unable to remove them without assistance