

# Face Covering Dos and Don'ts



Canada's Chief Medical Officer of Health is advising that a non-medical mask or cloth facial covering is now recommended every time you go out. This can include a scarf, bandana, handkerchief or cut-up t-shirt and elastic band.

**Note:** Non-medical masks have limitations and simply offer an added layer of protection.

You still have to practise good hygiene, wash your hands frequently and adhere to physical distancing guidelines.

## Do

- Make sure you can breathe through it.
- Wash your hands before putting on your mask and immediately after taking it off.
- Wear it whenever you go out in public.
- Make sure it covers your mouth and nose.
- Wash after every use.
- Change your cloth mask when it becomes wet or dirty.

## Don't

- Use on children under two.
- Use medical masks such as N95 as supplies are low and those are reserved for first responders.
- Touch your mask with your hands.

*(Sources: CDC, Public Health Agency of Canada)*