

WHAT TO KNOW ABOUT FACE COVERINGS & LUNG HEALTH

GUIDELINES FROM THE CANADIAN
THORACIC SOCIETY

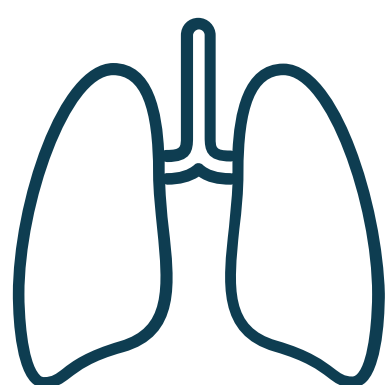


WEAR A FACE COVERING.

The Canadian Thoracic Society supports the public health recommendation to wear a non-medical face covering when it is not possible to maintain 2 meters of physical distance from others.

EVEN IF YOU HAVE A LUNG CONDITION.

They recommend that all individuals with underlying lung disease follow face covering recommendations to reduce the risk of spreading COVID-19.

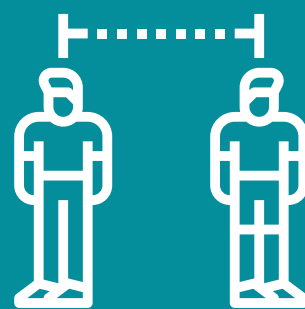


WORRIED ABOUT A FLARE UP?

There is NO evidence that wearing a face covering will exacerbate (cause a flare up of) underlying lung conditions.

CAN'T MANAGE A FACE COVERING?

If you cannot wear a face covering, they recommend you avoid or minimize circumstances where physical distancing is not possible.



PRACTICE OTHER PUBLIC HEALTH MEASURES TOO.

Wearing a face covering alone will not prevent the spread of COVID-19 and the use of face coverings should complement other public health measures like hand-washing and physical distancing.