

Use of face coverings (masks)

Updated October 22, 2020

Wear a face covering in indoor spaces. Remember: my mask protects you, and your mask protects me. When wearing a face covering:

- ✓ Wash your hands before putting the face covering on and after taking it off **EVERY TIME**.
- ✓ Make sure it fits properly to cover your mouth and nose.
- ✓ If you must take your face covering off to eat, place it face (outside) down on a paper towel.
- ✓ Change a face covering as soon as it becomes damp or soiled.
- ✓ Put cloth face coverings directly into a bag or washing machine to be washed on a hot water cycle. Wash every time you use it.
- ✗ **DO NOT** share masks or face coverings with others.
- ✗ **DO NOT** touch your face or face covering while using it.
- ✗ **DO NOT** use face coverings on children under 2 years of age or anyone who is unable to remove it on their own.
- ✗ **DO NOT** leave used face coverings in shopping carts or on the ground.



The best way to stop the spread of COVID-19 is to:



Stay home



Practice physical distancing



Wash your hands often

1-800-922-0096
www.swpublichealth.ca