HOW TO WEAR A NON-MEDICAL MASK

Non-medical masks, including homemade cloth masks, can help prevent the spread COVID-19. They are another tool to use in places where it's difficult to keep two metres from other people for extended periods of time – such as public transit, grocery stores, pharmacies, hair salons, airplanes and some retail shops.

Masks do not replace proper hygiene, physical distancing or isolation to prevent the spread.

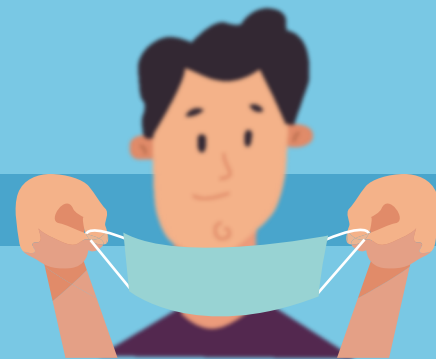## SAFELY PUTTING A MASK ON

1. Wash/sanitize your hands.

2. Inspect the mask, holding it by the ties or loops. Discard if damaged or dirty.

3. Open fully to cover from the bridge of your nose to your chin.

4. Adjust the mask to your face so there are no gaps on the side.

5. If mask has stiff edge, pinch to close gaps between nose and mask.

6. Keep your nose, mouth and chin covered at all times. **Avoid touching the mask.**
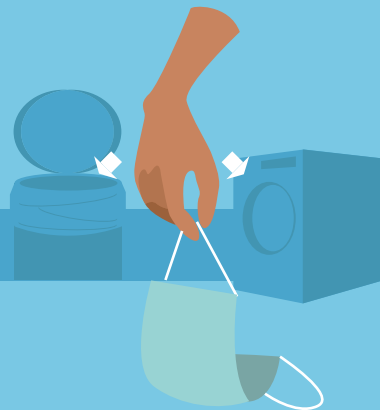
SAFELY TAKING OFF A MASK

1. Wash/sanitize your hands.

2. Remove it from the back by releasing ties or loops. Do not touch the front of the mask.

3. Discard the mask immediately if disposable. Wash thoroughly if reusable.

4. Wash/sanitize your hands.

5.

FOR MORE INFORMATION ON WEARING AND CARING FOR YOUR MASK

alberta.ca/masks

Alberta