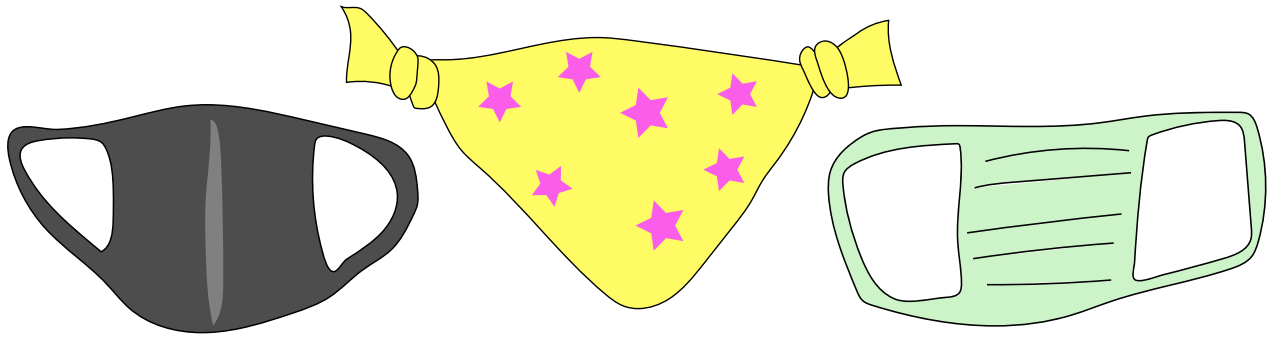




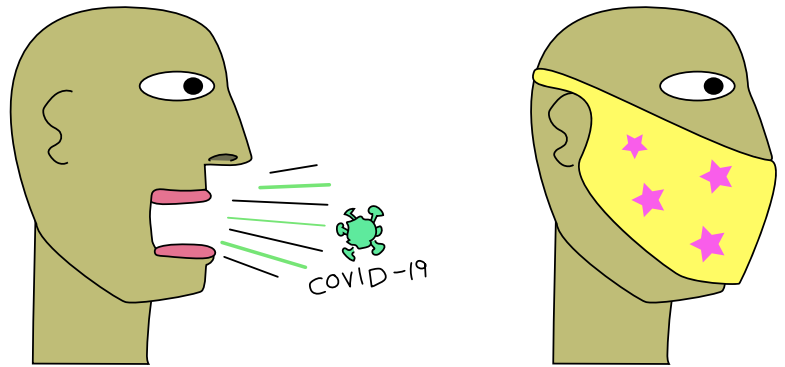
Face Coverings, Cloth Masks and You

What we know so far... May 2020



What is a face covering?

It's a cloth mask or bandana worn around your mouth and nose. A face covering is not a surgical mask (save those for the people who need them to do their jobs).



Why should I wear one?

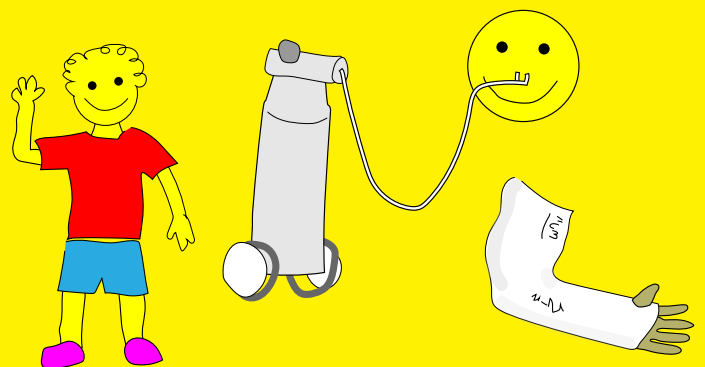
Scientists believe wearing one in public can help COVID-19 from spreading. Some stores like grocery stores and pharmacies can require them before they let you go inside

If you live in a group care setting, you could be at higher risk for getting COVID-19 so wearing a face covering might be recommended for you and staff.

Who should not wear one?

- children under 2
- anyone who has trouble breathing
- anyone that can't remove the masks on their own

If that's you, talk to a caregiver to find out what you should do. If they aren't sure, they will ask for help from a doctor or Public Health.



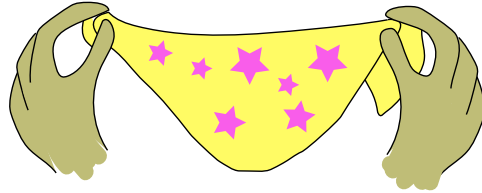
How do I put it on and take it off?

Wash your hands before you put it on.

Once you have it on, try not to take it off. It's more effective that way.

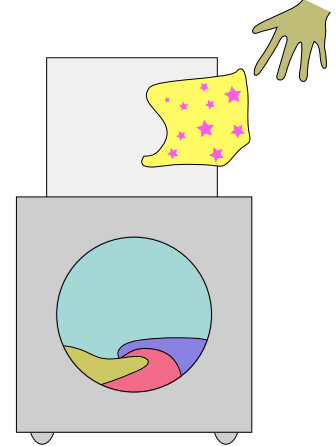


When you take it off, try not to touch your eyes, mouth or nose, and remove it by the ear pieces.



Put it straight into the laundry basket or washing machine and wash your hands well.

You will need a clean one each time you go out so you might need more than one.



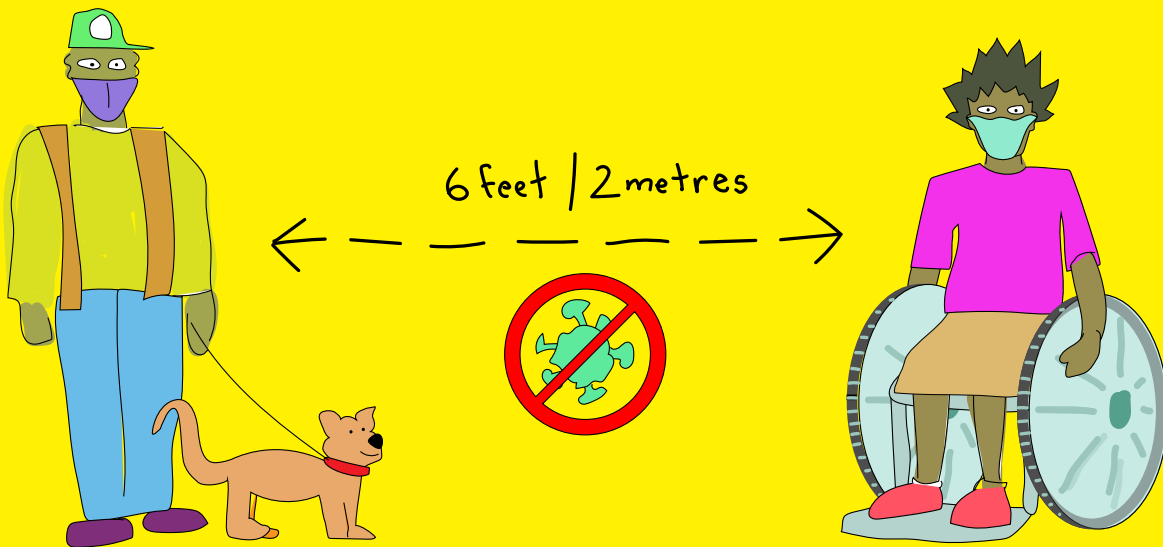
What else do I need to know?

The face covering should cover your mouth and nose in order to be effective. They should be tied snugly but not so snugly that you can't breathe!

They can be washed and dried with the rest of your laundry and should be cleaned regularly, ideally after each time you use them.

Wearing a mask does not give you superpowers!

It is still really important to wash your hands, not touch your face and physically distance as much as possible.



More info:

- [Face Coverings, Cloth Masks and You](#), Ontario Association of Children's Aid Societies
- [2019-nCoV – What We Know So Far About... Wearing Masks in Public](#), Public Health Ontario
- [Non-medical masks and face coverings: How to put on, remove and clean](#), Government of Canada
- [Use of Cloth Face Coverings to Help Slow the Spread of COVID-19](#) (includes directions on making a 'no sew' face covering), Centers for Disease Control and Prevention