

Protect each other.

Wear a face covering.

Wearing a face covering in enclosed public places and on transit is required by by-law in Waterloo Region.

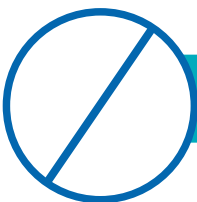
Face coverings are an additional tool to help slow the spread of COVID-19. Even if you have no symptoms a face covering can help contain your own respiratory droplets when you talk, cough or sneeze.



Choosing the right face covering

- Made of tightly woven cloth or fabric, with at least two layers
 - Do not use plastic or non-breathable materials
- Secured by elastics or ties
 - Do not use tape
- Fits snugly, with no gaps
- Covers your nose, mouth and chin
- Does not impair your vision

Face coverings are made and fit differently so it's important to learn how to wear yours. Do not share it with others.



Face covering exemptions

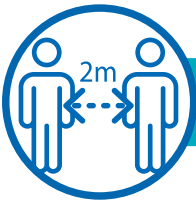
- Children under the age of five
- Anyone unable to wear a face covering as a result of a medical condition or disability
- A person engaged in a sport or other strenuous physical activity
- A person who is assisting or accommodating someone who has a hearing loss or a hearing disability
- A person who is consuming food/drink as part of a religious activity within a place of worship

Wearing a face covering alone will not prevent COVID-19. You must continue to practice physical distancing, wash your hands often and stay home if you're sick.



How to put on your face covering

- Ensure your face covering is clean and dry
- Clean your hands before touching your mask
- Ensure your hair is away from your face
- Place the face covering over your nose, mouth and chin and secure it to your head or ears with ties or elastics
- Adjust if needed to ensure your nose, mouth, and chin are fully covered
- Your face covering should fit snugly to the cheeks and there should not be any gaps
- Clean your hands again



While wearing your face covering

- Make sure the mask is securely fastened and avoid touching your face covering.
- Continue to practice physical distancing whenever possible.



How to remove your face covering

- Clean your hands
- Remove the face covering by un-tying it or removing the elastics from your ears
- Handle your face covering by the ties or elastics
- Avoid touching the front or “inside” of your face covering when removing it
- Store your face covering in a paper bag, envelope, or something that does not retain moisture if you will be wearing it again.
- Clean your hands again
- Wash your face covering if it becomes wet or soiled

