Non-medical masks

Consider the use of non-medical masks (such as cloth masks or face coverings), even if you have no symptoms.

It is recommended that non-medical masks be used if you are unable to maintain physical distancing from others (e.g. on public transit, at the grocery store or pharmacy).

Non-medical masks can be an additional tool to help prevent the spread of the virus, because wearing a mask can help you contain your own droplets.

Choosing the right mask

- Made of cloth or fabric
  - Do not use plastic or non-breathable materials
- Secured by elastics or ties
  - Do not use tape
- Fits snugly, with no gaps
- Does not impair your vision

Masks are made and fit differently so it's important to learn how to wear your mask. Do not share masks with others.

Non-medical masks should not be worn by

- Children under the age of 2
- Anyone unable to remove the mask without help
- Anyone who has trouble breathing or is unconscious

Wearing a non-medical mask is not a replacement for other measures.
How to put on a non-medical mask

• Ensure the mask is clean and dry.
• Wash your hands with warm water and soap for at least 20 seconds before touching the mask.
  ▪ If none is available, use hand sanitizer with a minimum 60% alcohol base.
• Ensure your hair is away from your face.
• Place the face covering over your nose and mouth and secure to your head or ears with the mask’s ties or elastics.
• Adjust if needed to ensure nose and mouth are both fully covered.
• The mask should fit snugly to the cheeks and there should not be any gaps.
• Wash your hands again with warm water and soap for at least 20 seconds.
  ▪ Use hand sanitizer with a minimum 60%.

While wearing your mask

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

How to remove a non-medical mask

• Wash your hands with warm water and soap for at least 20 seconds.
  ▪ If none is available, use hand sanitizer with a minimum 60% alcohol base.
• Remove the face covering by un-tying it or removing the loops from your ears.
• Avoid touching the front of the mask when removing it.
  ▪ It can be placed in a plastic bag temporarily if you are not at home.
  ▪ Make sure you close or zip seal the bag while storing it.
• Put your mask in the wash after every use, dispose of the bag it was stored in or if it’s washable, wash the bag too.
• Wash your hands again with warm water and soap for at least 20 seconds.
  ▪ Use hand sanitizer with a minimum 60%.

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