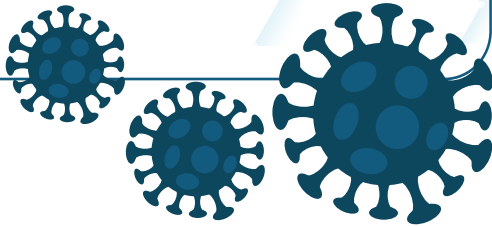




CAF-APPROVED NON-MEDICAL FACE MASKS (COVID-19)

MEDICAL FACE MASKS

Medical grade surgical, procedure, and N-95 masks **must be kept for health care workers and those providing direct care to COVID-19 patients.**



NON-MEDICAL FACE MASKS



CAF-approved non-medical masks should be worn for the short periods of time that you are unable to physically distance yourself (less than 2 meters) from others or as directed.

- ▶ Wearing a non-medical mask is an additional measure you can take to protect others around you.
- ▶ Wearing a non-medical mask is another way to cover your mouth and nose to prevent your respiratory droplets from contaminating others or landing on surfaces. Just like our recommendation not to cough into your hands (instead, cover your cough with tissues or your sleeve), a mask can reduce the chance that others are coming into contact with your respiratory droplets.
- ▶ If wearing a non-medical mask makes you feel safer and stops you from touching your nose and mouth that is also good.
- ▶ Warning: Wearing non-medical masks alone will not prevent the spread of COVID-19. **You must consistently and strictly adhere to good hygiene and public health measures, including frequent hand washing and physical (social) distancing.**

DONNING OF FACE MASKS

- ▶ Before putting on your mask, wash your hands with soap and water for at least 20 seconds or use alcohol-based hand sanitizer.
- ▶ Put on mask covering your mouth and nose, mould metal piece to the bridge of your nose, secure the elastic loops of the mask around your ears. If your mask has strings, tie them securely behind your head. Make sure there are no gaps between your face and the mask.
- ▶ Do not touch the front of the mask while you wear it. Wash your hands with soap and water for at least 20 seconds or use alcohol-based hand sanitizer if you accidentally touch your mask.
- ▶ Do not remove your mask to talk to others.
- ▶ Do not share mask with others.

DOFFING FACE MASKS

- ▶ Do not use dirty masks always wash cloth masks between uses.
- ▶ Change the mask as soon as it gets damp or soiled
- ▶ To remove mask, untie bottom tie then top tie, or grasp straps or ear loops.
- ▶ Pull forward off the head, bending forward to allow mask to fall away from the face.
- ▶ Wash hands before and after removing mask.
- ▶ Place cloth masks directly inside a plastic bag until ready to wash, or dispose of masks in lined garbage bin.
- ▶ Cloth masks can be laundered with other items using a hot cycle, and then dried thoroughly before reuse.

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