

Non-Medical Mouth & Nose Covering Information Sheet

Launder and dry thoroughly non-medical mouth & nose covering before using it.

This non-medical mouth and nose covering is **NOT** a replacement for required personal protective equipment (PPE).

Using this non-medical mouth & nose covering alone will not prevent the spread of COVID-19. It is an extra step that can protect others around you. It is critical to continue to follow public health measures such as properly washing your hands often and practicing physical distancing

Wearing a non-medical mouth and nose covering is another way of covering your mouth and nose to prevent your respiratory droplets from contaminating others or landing on surfaces. A non-medical mouth and nose covering can reduce the chance others coming into contact with your respiratory droplets.

Public Health Agency of Canada "For short periods of time when physical distancing is not possible in public settings (e.g., grocery shopping, in close settings such as public transit), wearing a non-medical mask is one way to protect those around you."

How to wear and remove a non-medical mouth & nose covering

- Wash your hands properly immediately before putting it on and practise good hand hygiene while wearing it.
- The inner part of the non-medical mouth and nose covering can be distinguished by the observable stitching close to the elastic bands and is a different colour from the outer part. It should fit well (non-gaping).
- It should be secured with ties or ear loops.
- It needs to allow for breathing without restriction.
- It should not impair vision or interfere with tasks.
- You should not share it with others.



How to safely remove a non-medical mouth & nose covering

Be careful not to touch your eyes, nose, and mouth when removing your non-medical mouth & nose covering. Wash your hands properly immediately after taking it off.

Care for your non-medical mouth & nose covering

- Change the non-medical mouth & nose covering as soon as it gets damp or soiled.
- Put it directly into the washing machine or a bag that can be emptied into the washing machine and then disposed of.
- It can be laundered with other items using a hot cycle and then dried thoroughly.

Warning

A non-medical mouth & nose covering should not be placed on or used by:

- children under the age of two;
- anyone who has trouble breathing; or
- anyone who is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

References

Information and updates about non-medical mouth & nose coverings refer to the Public Health Agency of Canada's website: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks/about-non-medical-masks-face-coverings.html>

Public Health Agency of Canada: <https://www.canada.ca/en/public-health/news/2020/04/ccmoh-communication-use-of-non-medical-masks-or-facial-coverings-by-the-public.html>

Centres for Disease Control & Prevention: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>