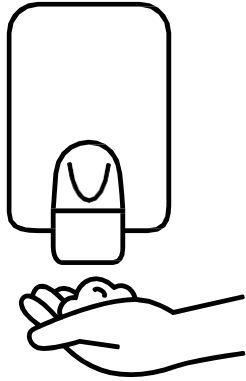


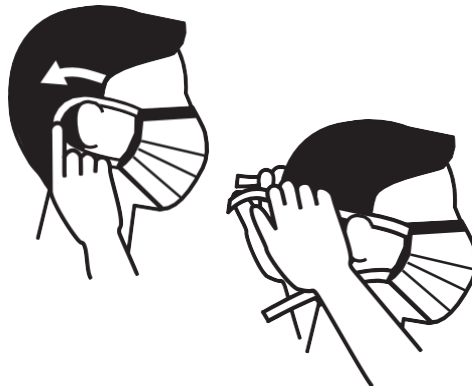
Wearing a mask helps prevent a person's mouth and nose droplets from reaching other people or shared surfaces.

It's important to wear your mask properly. Follow these steps to make sure you wear it right:



1. Clean your hands

Clean your hands with soap and water or alcohol-based hand rub before you touch your mask to put it on, and again after you have put it on.



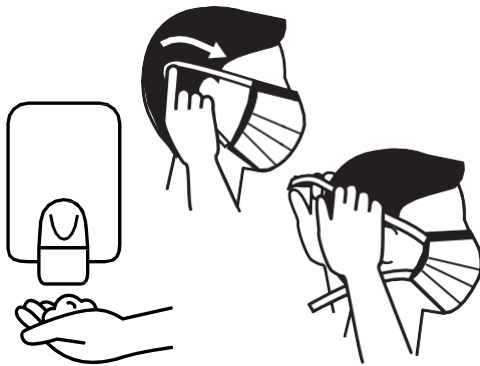
2. Cover your mouth and nose

Use the ear loops or ties to put on the mask. Make sure the mask covers both your mouth and nose. If you are using a medical mask, press down on the wire part so it molds to your nose.



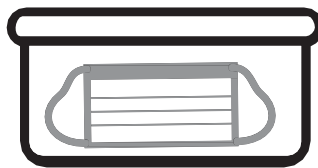
3. Leave it be

Once you have your mask on, do not touch it.



4. Remove it carefully

When it's time to remove the mask, clean your hands before you touch it. Remove the mask by the ear loops or ties. Do not touch the front of the mask.



5. Store it safely

If you remove your mask to eat or drink, or because you are at least 2 metres (6 feet) away from others, place it on a clean surface or in a clean container (e.g., Tupperware) with the part that was on your mouth and nose facing up. If you use a container, clean it regularly. Always clean your hands before and after touching your mask.



6. Put it in the garbage or washing machine

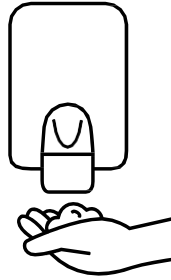
Once finished with your mask, put it in the garbage. If you're using a cloth mask, promptly put the mask in the washing machine. It should be washed after each day it's worn.

MASKS

DOs



- Always clean your hands before and after touching your mask.



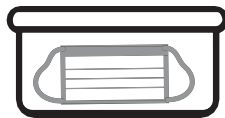
- Wear your mask firmly over your nose and mouth.



- Replace your mask if it gets wet, damaged or soiled (e.g. if you touch it with dirty hands).



- Store your mask in a clean location between uses.



- Put your mask in the garbage or washing machine when you are done with it.



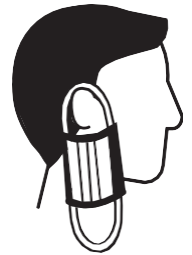
DON'Ts



- DON'T** touch or fiddle with your mask once on.



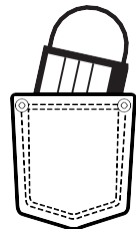
- DON'T** wear your mask on your chin, head or hanging off your ear.



- DON'T** wear a wet, damaged or soiled mask.



- DON'T** put your mask in your pocket or purse then wear it again.



- DON'T** toss your used mask on the ground.

