

COVID-19 INFORMATION

# HOW TO WEAR A NON-MEDICAL MASK

Non-medical masks, including homemade cloth masks, can help prevent the spread COVID-19. They are another tool to use in places where it's difficult to keep two metres from other people for extended periods of time – such as public transit, grocery stores, pharmacies, hair salons, airplanes and some retail shops.

Masks do not replace proper hygiene, physical distancing or isolation to prevent the spread.

**SAFELY PUTTING A MASK ON**

- 1 Wash/sanitize your hands.
- 2 Inspect the mask, holding it by the ties or loops. Discard if damaged or dirty.
- 3 Open fully to cover from the bridge of your nose to your chin.
- 4 Adjust the mask to your face so there are no gaps on the side.
- 5 If mask has stiff edge, pinch to close gaps between nose and mask.
- 6 Keep your nose, mouth and chin covered at all times. **Avoid touching the mask.**

**SAFELY TAKING OFF A MASK**

- 1 Wash/sanitize your hands.
- 2 Remove it from the back by releasing ties or loops. Do not touch the front of the mask.
- 3 Discard the mask immediately if disposable. Wash thoroughly if reusable.
- 4 Wash/sanitize your hands.
- 5

FOR MORE INFORMATION ON WEARING AND CARING FOR YOUR MASK

[alberta.ca/masks](https://alberta.ca/masks)

