

# HOW TO WEAR A NON-MEDICAL MASK

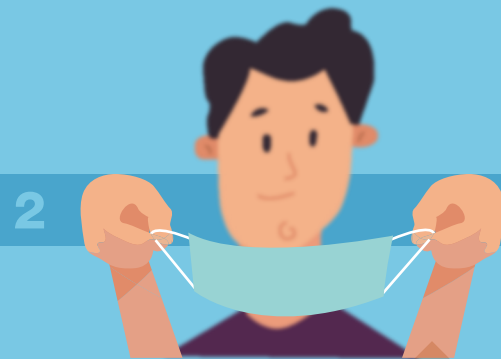
Non-medical masks, including homemade cloth masks, can help prevent the spread COVID-19. They are another tool to use in places where it's difficult to keep two metres from other people for extended periods of time – such as public transit, grocery stores, pharmacies, hair salons, airplanes and some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

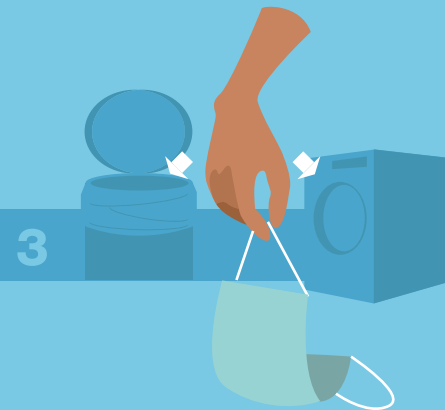
## SAFELY TAKING OFF A MASK



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.



FOR MORE INFORMATION ON WEARING AND CARING FOR YOUR MASK

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

