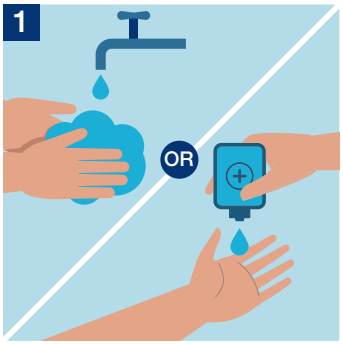
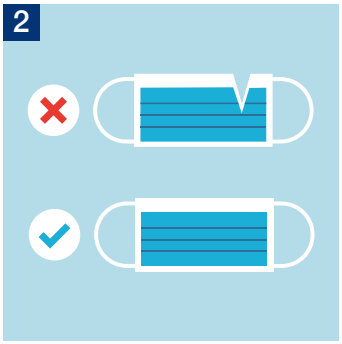
How to Wear a Face Mask

1



Wash your hands with soap and water for 20-30 seconds or perform hand hygiene with alcohol-based hand rub before touching the face mask.

2



Check the new mask to make sure it's not damaged.

3



Ensure colour side of the mask faces outwards.

4



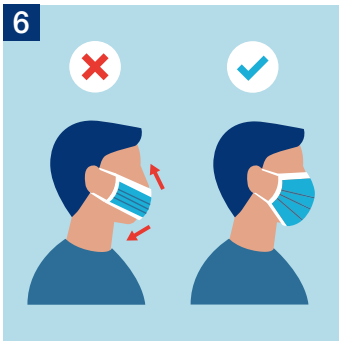
Locate the metallic strip. Place it over and mold it to the nose bridge.

5



Place an ear loop around each ear or tie the top and bottom straps.

6



Cover mouth and nose fully, making sure there are no gaps. Pull the bottom of the mask to fully open and fit under your chin.

7



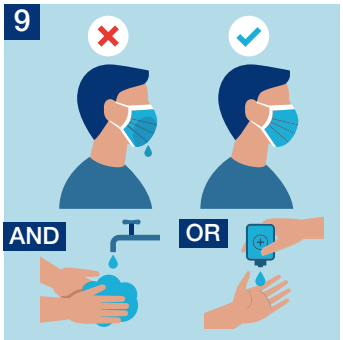
Press the metallic strip again to fit the shape of the nose. Perform hand hygiene.

8



Do not touch the mask while using it, if you do, perform hand hygiene.

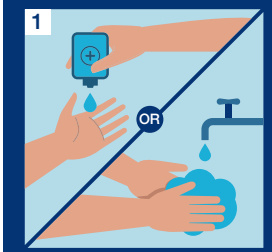
9



Replace the mask if it gets wet or dirty and wash your hands again after putting it on. Do not reuse the mask.

Removing the Mask

1



Perform hand hygiene.

2



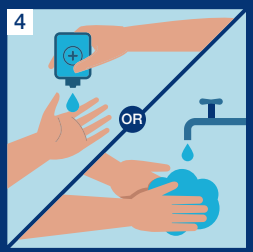
Do not touch the front of your mask. Lean forward, gently remove the mask from behind by holding both ear loops or ties.

3



Discard the mask in a waste container.

4



Perform hand hygiene.

If you have fever, a new cough, or are having difficulty breathing, call 8-1-1.

Non-medical inquiries (ex. travel, physical distancing): **1-888-COVID19 (1888-268-4319) or text 604-630-0300**