

# Masking:



## How to choose, use and care for masks

Consider this advice when choosing, using and caring for a mask. This advice is intended for the general public and is **not** intended for occupational health purposes, including health care settings.



### Choose



Consider the different types of masks available for public use:

- > respirators (like N95)
- > medical masks
- > non-medical masks



Choose a mask that's most appropriate for your situation.



Choose a mask that's clean, dry and damage free.



Choose a mask that fits snugly against your face and has no gaps.



Choose a mask that fully covers your nose, mouth and chin.



If you wear a non-medical mask, choose one that's made of multiple breathable layers, including:

- > at least 2 layers of tightly woven fabric **and**
- > a third middle filter layer



### Use



Use the ties, bands or ear loops to put on and take off your mask.



Make sure the mask fits snugly against your face by adjusting the:

- > flexible nosepiece
- > ear loops, ties or bands



Remove the mask if you have trouble breathing for any reason while wearing a mask.

- > If your breathing doesn't improve, seek medical attention as soon as possible.



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## Care



Store your mask in a clean paper or cloth bag if you plan to wear it again.

- › If reusing a mask, ensure it's clean, dry and free of damage.



Change your mask when it's dirty, damp or damaged, and keep it out of reach of others.

- › Store soiled reusable non-medical masks in a waterproof bag or container until they can be cleaned.



Clean your hands after adjusting or removing a used mask.



Wash reusable non-medical masks with hot, soapy water, either in a washing machine or by hand, and dry completely before wearing again.

- › You can wash non-medical masks with an integrated filter layer.
- › Remove disposable filters in non-medical masks before washing.
- › Change disposable filters as per the manufacturer's instructions.



Throw dirty, damp or damaged disposable masks and used filters in the garbage or use a mask recycling program if one is available.



## Don't



Don't put a mask on:

- › children under 2 years of age
- › people who live with illnesses or disabilities that make it difficult to put on or take off a mask without assistance
- › if you have trouble breathing while wearing a mask



Don't wash disposable respirators or medical masks.



Don't touch the front of your mask.



Don't hang your mask from your neck or ears, or place it under your chin.



Don't use a scarf, bandana, neck gaiter or face shield instead of a mask.



Don't share used masks.