



Masks alone will not prevent the spread of COVID-19

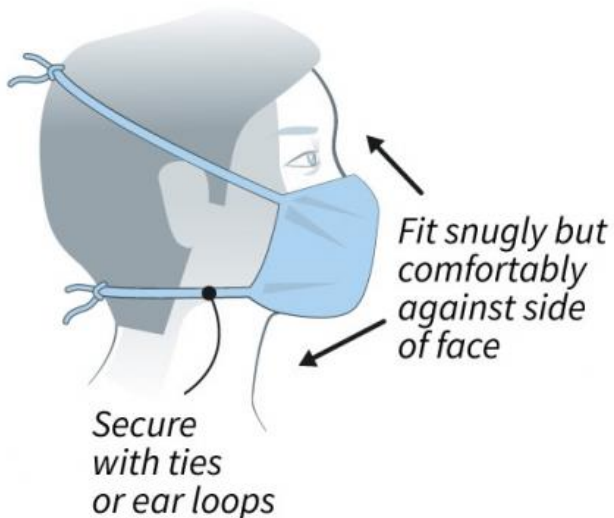
You must continue to practice to good hand hygiene and social distancing.

How to put on a mask:

1. Ensure mask is clean and dry.
2. Wash hands.
3. Place mask over nose and mouth.
4. Wash hands.
5. Avoid touching your face while wearing the mask.

How to remove a mask:

1. Wash Hands.
2. Remove mask.
3. Store in a plastic bag if not at home.
4. Wash hands.
5. Machine-wash the mask with hot, soapy water.



- Masks can be sewn with fabric or made without sewing using a cotton shirt or sheet.
- You must machine-wash face covering regularly.

WHEN TO WEAR A MASK:

- * For short periods of time when social distancing is not possible in public (e.g. air travel or grocery store)

WHO SHOULD NOT WEAR A MASK:

- *Children aged under 2
- *Anyone with breathing difficulties
- *Anyone unconscious

For more information visit: <https://gov.nu.ca/health/information/covid-19-novel-coronavirus>