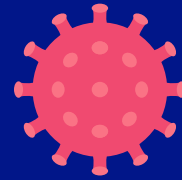


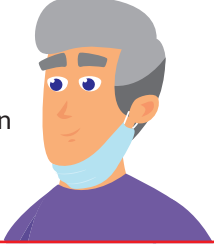





COVID-19 (Coronavirus)



How to wear a face covering (Mask)

For most of us, wearing a mask or face covering is new and we're not used to the feeling. If it is a bit stuffy, you are probably wearing it right! And the most important thing is NOT TO FIDGET with the mask/face covering. Once it is on, leave it on while you are out in public e.g. grocery store, pharmacy, etc.

Here are more Dos and Don'ts

<p>DON'T: Push your mask down your chin to rest around your neck</p> 	<p>DON'T: Leave your chin exposed</p> 	<p>DON'T: Wear your mask loosely with gaps on the sides</p> 
<p>DON'T: Wear the mask below your nose</p> 	<p>DON'T: Wear your mask so it only covers the tip of your nose</p> 	<p>DO: Wear your mask so it comes all the way up, close to the bridge of your nose, and all the way down under your chin. Do your best to tighten the loops or ties so it's snug around your face, without gaps.</p> 

How to take a mask on and off:

Not only must we learn how to wear the mask, but also the safe way to take it off and on.

Remember! Wearing a mask does NOT stop the need to wash your hands or to practice social distancing (no elbow bumps, fist bumps)

- Always wash your hands before and after wearing a mask.
- Use the ties or loops to put your mask on and pull it off.
- Don't touch the front of the mask when you take it off.
- For apartment or condo dwellers, put the mask on and remove it while inside your home. Elevators and stairwells can be high-contamination areas.
- Wash and dry your cloth mask daily and keep it in a clean, dry place.
- Masks should not be placed on children under two
- **Don't have a false sense of security – make sure you continue to stay home as much as possible, wash hands and practice social distancing.**

You do not need to wear a mask when at home, when exercising or if a child under the age of 2

