A **face covering** (non-medical mask such as a cloth mask or bandanna) may be used to reduce the risk of transmission of COVID-19 in areas where physical distancing may be challenging or not possible.

When using a face covering:
- Wash your hands immediately before putting it on and immediately after taking it off (practice good hand hygiene at all times).
- Make sure the face covering fits well around your nose and mouth.
- Avoid moving the covering around or adjusting it often.
- Avoid touching the covering while using it.
- Do not share it with others.

Face coverings should be changed when they get damp or soiled.

If the face covering **can be cleaned**, you should:
- Put it directly into the washing machine or a bag that can be emptied into the washing machine,
- wash with other items using a hot cycle with laundry detergent (no special soaps are needed), and dry thoroughly, and
- wash your hands after putting the face covering into the laundry.

All face coverings that **cannot be cleaned** should be thrown out and replaced as soon as they get damp, soiled or crumpled.

Face coverings will not protect you from getting COVID-19.
The best way to protect yourself is to:
- Stay home except for essential reasons.
- Avoid close contact with others and keep at least two metres from others outside your household.
- Wash your hands regularly (or using alcohol-based hand sanitizer if soap and water are not available).
- Practice proper cough and sneeze etiquette (for example, sneeze and cough into your sleeve and avoid touching your eyes, nose or mouth).

Note: Medical masks (surgical, medical procedure face masks and respirators like N95 masks) should be reserved for use by health care workers and first responders.

ALWAYS REMEMBER, SAFETY FIRST

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