

# Face Covering Information Sheet

**IMPORTANT: Launder and thoroughly dry these face coverings prior to using**

This face covering is **NOT** a replacement for required personal protective equipment (PPE).

**Using this face covering alone will not prevent the spread of COVID-19. It is an additional step that can protect others around you. It is critical to continue to follow public health measures such as properly washing your hands often and practicing physical distancing.**

Wearing a face covering is another way of covering your mouth, nose and chin to prevent your respiratory droplets from contaminating others or landing on surfaces. A face covering can reduce the chance others coming into contact with your respiratory droplets.

## Inspecting your face covering:

- Inspect it for fraying and holes.
- Ensure it is clean and dry.

Do not wear any face covering that does not meet the above criteria.

## How to wear and remove a face covering:

### How to wear a face covering

- Wash your hands properly immediately before putting it on and practice good hand hygiene while wearing it.
- The inner part of the face covering can be distinguished by the observable stitching close to the elastic bands and is a different colour from the outer part. It should fit well (non-gaping).
- Be secured with ties or ear loops.
- Adjust so it fully covers the mouth, nose and chin.
- Allow for comfortable breathing without restriction.
- Should not impair vision or interfere with tasks.
- Should not share it with others.
- If you do touch it, make sure to wash your hands right after



### How to safely remove a face covering

Wash or sanitize your hands, be careful not to touch your eyes, nose, and mouth when removing your face covering.

Remove by the elastic loops in a downward direction. Wash your hands properly immediately after taking it off.

## Care for your face covering

- Change the face covering as soon as it gets damp or soiled.
- Put directly into the washing machine or a disposable bag that can be emptied into the washing machine.
- Can be laundered with other items using a hot cycle, and then dried thoroughly.
- Store the face covering in a clean paper bag until it is worn.
- Discard face covering that cannot be washed in a plastic-lined garbage bin after use.

## Warnings:

A face covering should not be placed on or used by:

- children under two years of age;
- persons with an underlying medical condition which inhibits their ability to wear a non-medical mouth and nose covering;
- persons who are unable to place or remove a non-medical mouth and nose covering without assistance; and
- persons who require accommodation in accordance with the Ontario Human Rights Code that precludes the wearing of a non-medical mouth and nose covering.

For more information and updates on face covers refer to the Public Health Agency of Canada's website - <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks/about-non-medical-masks-face-coverings.html>

## References:

Centres for Disease Control and Prevention - <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

Public Health Agency of Canada - <https://www.canada.ca/en/health-canada/services/drugs-health-products/medical-devices/activities/announcements/covid19-notice-home-made-masks.html>

Public Health Agency of Canada - <https://www.canada.ca/en/public-health/news/2020/04/ccmoh-communication-use-of-non-medical-masks-or-facial-coverings-by-the-public.html>