

COVID-19 INFORMATION

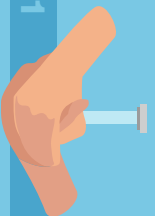
HOW TO WEAR A NON-MEDICAL MASK

Non-medical masks, including homemade cloth masks, can help prevent the spread COVID-19. They are another tool to use in places where it's difficult to keep two metres from other people for extended periods of time – such as public transit, grocery stores, pharmacies, hair salons, airplanes and some retail shops.

Masks do not replace proper hygiene, physical distancing or isolation to prevent the spread.

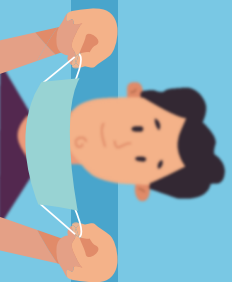


1



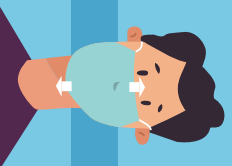
Wash/sanitize your hands.

SAFELY PUTTING A MASK ON



2

Inspect the mask, holding it by the ties or loops. Discard if damaged or dirty.



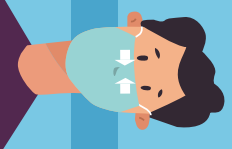
3

Open fully to cover from the bridge of your nose to your chin.



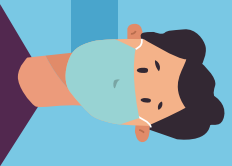
4

Adjust the mask to your face so there are no gaps on the side.



5

If mask has stiff edge, pinch to close gaps between nose and mask.

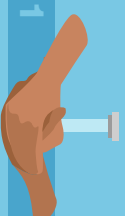


6

Keep your nose, mouth and chin covered at all times. Avoid touching the mask.

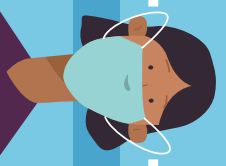


1



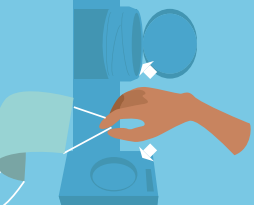
Wash/sanitize your hands.

SAFELY TAKING OFF A MASK



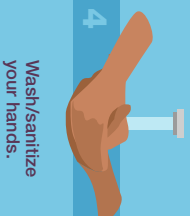
2

Remove it from the back by releasing ties or loops. Do not touch the front of the mask.



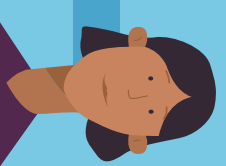
3

Discard the mask immediately if disposable. Wash thoroughly if reusable.



4

Wash/sanitize your hands.



5

FOR MORE INFORMATION ON WEARING AND CARING FOR YOUR MASK

alberta.ca/masks

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