How to Wear Your Non-Medical Mask

Physical distancing remains a key practice during this pandemic. However, using non-medical masks helps when you cannot maintain physical distance from others, like at the grocery store. Let’s protect each other by wearing our masks!

**Put on your mask:**
- Wash or sanitize hands before touching your clean mask.
- Hold mask by the ties/loops and inspect for damage. Discard if damaged.
- Put on mask, adjusting to cover nose, mouth and chin.
- Ensure there are no gaps and that you can breathe easily.
- Avoid touching your mask while wearing it. If you do, wash or sanitize hands.

**Take off your mask:**
- Wash or sanitize hands.
- Remove mask by only touching the ties or loops. Do not touch the front of your mask.
- Discard the mask immediately if disposable. If your mask is reusable, store it in a sealed bag until it can be washed in hot, soapy water.
- Wash or sanitize your hands again.

Learn more at the [FNHA.ca/coronavirus](https://FNHA.ca/coronavirus)