First Nations Health Authority
Health through wellness

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.

or

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**