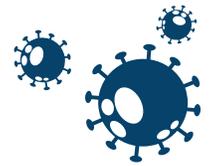


USE OF A **COMMUNITY FACE MASK** TO HELP REDUCE THE SPREAD OF COVID-19



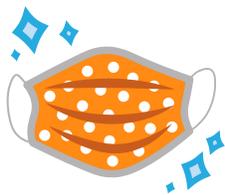
To help combat the community spread of COVID-19, **WEARING A COMMUNITY FACE MASK IS REQUIRED** in public when physical distancing can't be maintained. This measure is to protect people around the person wearing the face mask, in case they are infected but do not have symptoms.

Community face masks are not a substitute for proper hand hygiene or physical distancing. Continue to wash your hands frequently and stay at least 2 metres (6 feet) away from people, except those in your household.

HOW TO PUT ON YOUR MASK

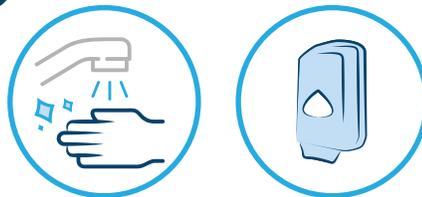
It is important to understand that community masks have limitations and need to be used safely.

1



Ensure the face covering is clean and dry.

2



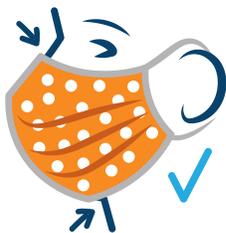
Before putting on your mask, wash your hands with soap and water for at least 20 seconds or use alcohol-based hand sanitizer.

3



Ensure your hair is away from your face. Secure the elastic loops of the mask around your ears. If your mask has strings, tie them securely, ensuring your mask fits snug on your face.

4



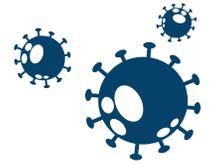
Cover your mouth and nose with the mask and make sure there are no gaps between your face and the mask.

5



Do not touch the front of the mask while you wear it. Wash your hands with soap and water for at least 20 seconds or use alcohol-based hand sanitizer if you accidentally touch your mask.

USE OF A **COMMUNITY FACE MASK** TO HELP REDUCE THE SPREAD OF COVID-19



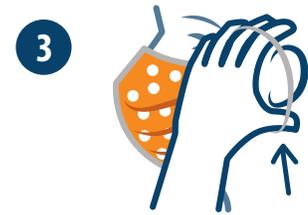
HOW TO REMOVE YOUR MASK



1 Before taking off your mask, wash your hands with soap and water for at least 20 seconds or use alcohol-based hand sanitizer.



2 Do not touch the front of your mask to remove it and be careful not to touch your eyes, nose, and mouth when removing your face mask.



3 Remove the elastic loops of the mask from around your ears or untie the strings from behind your head.



4 Hold only the loops or strings and place your cloth mask directly in the wash. If you are in your car, place into a bag until you get home to wash or discard it. If throwing it out, place it into a garbage bin or plastic bag.



5 Wash your hands with soap and water for at least 20 seconds or use alcohol-based hand sanitizer after you have discarded your mask.

COMMUNITY MASKS OR FACE COVERINGS SHOULD NOT:

- be placed on children under the age of two years;
- be placed on anyone unable to remove them without assistance;
- be placed on anyone who has trouble breathing;
- be made of plastic or other non-breathable materials;
- be made exclusively of materials that easily fall apart, such as tissues;
- be secured with tape or other inappropriate materials;
- be shared with others; or
- impair vision or interfere with tasks.

Community face masks should be washed regularly. They can be made at home from common materials at a low cost. For more information on how to make a sew and no-sew cloth face covering, visit the [Public Health Agency of Canada's website](#).

For the latest information visit:
GNB.CA/CORONAVIRUS
May 8, 2020