

How to SAFELY wear a cloth mask or face covering...



Before putting on a mask, wash your hands & secure hair away from your face.



Place the mask snugly over your mouth & nose, make sure there are no gaps.



Avoid touching your face & mask while using it. Do not leave the mask on your neck, forehead or hanging from your ear.



Change your mask as soon as it gets damp or soiled.



Remove the mask without touching the outside of the mask & launder it before wearing again.



Wash your hands & clean any surfaces that the dirty mask touches.

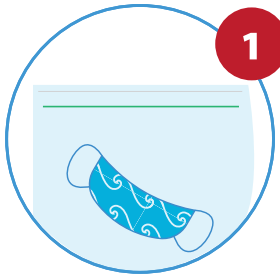


Peterborough
Public Health

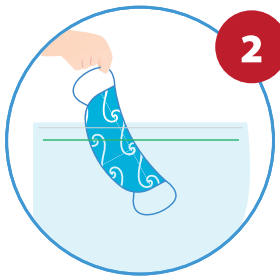
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REMEMBER: stay 2 metres apart from others, and wear a face covering when you can't maintain physical distancing.

How to CLEAN a cloth mask or face covering...



1 Store the mask in a clean plastic, resealable bag if it is not dirty or wet and you plan to re-use it.



2 Remove the mask by the straps when taking it out of the bag.



3 Hand or machine wash the mask using soap or detergent, preferably with hot water, at least once a day. Let it dry thoroughly before wearing.



4 Clean your hands after removing the mask.

A cloth mask or face covering can protect others around you. To protect yourself and prevent the spread of COVID-19, remember to keep at least 2 metre distance from others, clean your hands frequently and thoroughly, and avoid touching your face and mask.

For more information, visit peterboroughpublichealth.ca/covid19