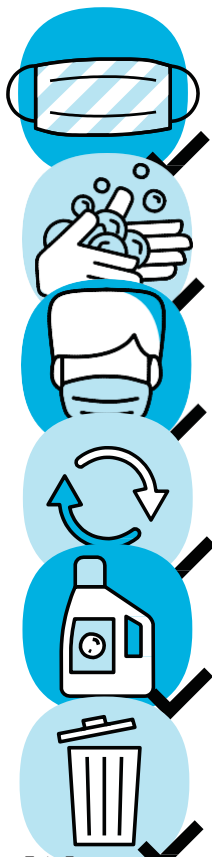


# Wear a face covering when physical distancing is a challenge.

## Do:



Wear a non-medical face covering like a cloth mask.

Wash your hands before putting it on and immediately after taking it off.

Make sure it fits well and covers your nose and mouth.

Change your face covering when it gets slightly wet or dirty.

Wash your face covering in hot water with detergent after each use.

Dispose of single-use face coverings into a lined garbage bin and wash your hands.

## Do not:



Do not wear a medical-grade mask as these should be reserved for our health care workers.

Do not share face coverings with others.

Do not touch or move your face covering when wearing it.

Do not place on children under the age of two years or on anyone who can't take it off on their own.

Do not use plastic or other materials that you can't breathe through as a face covering.

Do not re-use face coverings that cannot be cleaned.

**It is recommended you wear a face covering when physical distancing is a challenge. Stop the spread of COVID-19.**

The best way to protect yourself is to continue to stay home as much as possible, wash your hands thoroughly and often, and stay 2 metres apart from others.