

## NON-MEDICAL FACE MASKS AND COVID-19



### WHEN DO I WEAR A FACE MASK?

- When you are in a **space that requires a face mask**.
- When your **health professional** tells you to.
- When maintaining a **physical distance of at least 2 metres is not possible**.



### HOW DO I WEAR A FACE MASK?

- Wash your hands before putting on your face mask and after taking it off.
- Only touch the straps when putting on or taking off your face mask.
- **Avoid touching the outer surface** of your face mask.
- Choose a face mask that is **comfortable, doesn't leave gaps on the side of your face** and doesn't require frequent adjustments.
- Your mask should **cover your chin, nose and mouth**
- Wash cloth masks frequently and in hot water.
- Dispose of single-use masks after each use.
- Do **not share a face mask**.



### WHO SHOULD WEAR A FACE MASK?

- Wearing a non-medical face mask **can protect those around you** from the virus you may be carrying. Anyone can wear a face mask.
- People, including those with lung disease, are encouraged to wear a face mask **when physical distancing is not possible**. There is no evidence that wearing a face mask would worsen your lung condition.
- If wearing a face mask causes you anxiety or shortness of breath, avoid situations that require it. You can also **speak to your healthcare provider** to give you tips or advice so you can wear a face mask.



### WHY SHOULD I WEAR A FACE MASK?

- Wearing a face mask **can protect those around you**. You may have the virus without showing any symptoms.

### WHAT ELSE CAN I DO?

- Continue **physical distancing**.
- Continue to follow **proper hand washing guidelines** (20 seconds with soap and warm water).
- **Avoid going out** if you may be sick.



Primary Source: Canadian Thoracic Society

The Canadian Lung Association is here for you. For more information about COVID-19, visit [www.lung.ca/covid19](http://www.lung.ca/covid19).