



HOW DO I WEAR A FACE MASK?



Wash your hands **before** putting on your face mask, **before** taking it off, and **after** removing it.



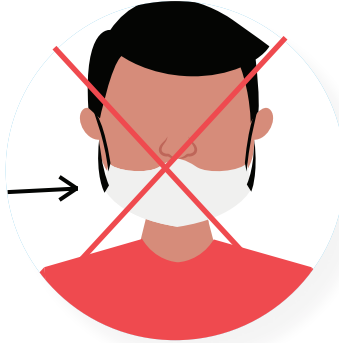
Only touch the straps when putting on or taking off your face mask.



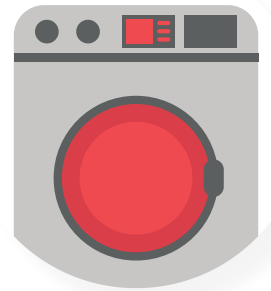
Avoid touching the outer surface of your face mask.



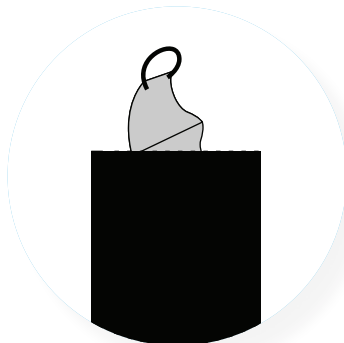
Choose a face mask that is comfortable, doesn't leave gaps on the side of your face and doesn't require frequent adjustments.



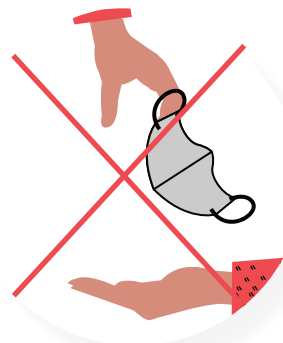
Your mask should cover your **nose, mouth and chin**



Wash cloth masks frequently and in hot water.



Dispose of single-use masks after each use.



Do not share a face mask.

For more information about COVID-19, visit

[CTS-SCT.CA/COVID-19/USE-OF-FACE-MASKS-BY-THE-PUBLIC](https://cts-sct.ca/covid-19/use-of-face-masks-by-the-public)