

Coronavirus (COVID-19)

Wearing a mask – Simplified illustrated version

Steps in pictures: Using a mask

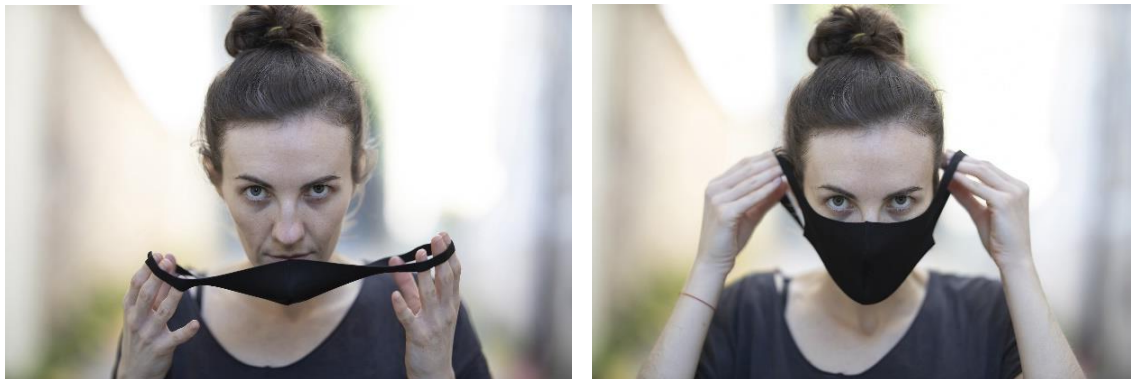
1. Wash my hands with soap and water.



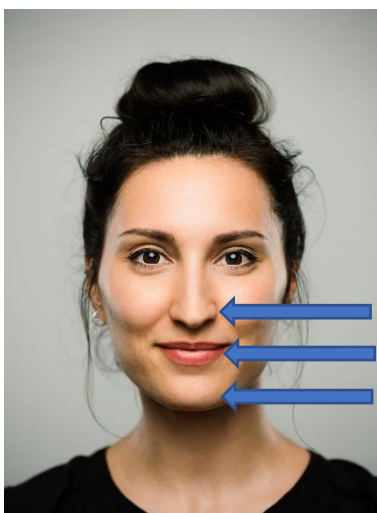
2. Take my clean mask.



3. Put on my mask by holding the elastic ends.



4. Put the mask on to cover my nose and mouth and to fit under my chin.



5. Wash my hands after putting on my mask.



GREAT! I put my mask on the right way.

Instructions for using my mask

✓ Change my mask if it is damp, dirty or broken.



✗ Do not leave the mask around my neck or hanging off an ear.



✓ I keep my mask on my face and I try not to touch it.



✓ If I touch my mask, I wash my hands.

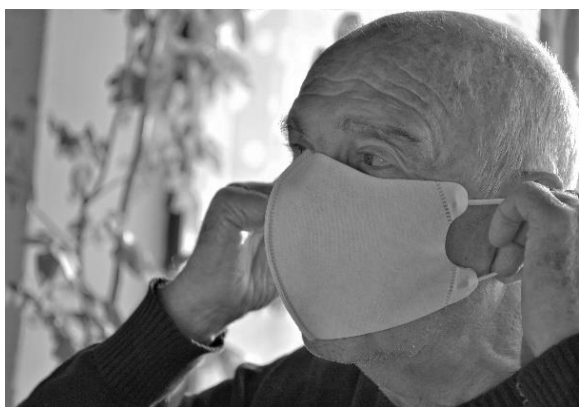


Steps in pictures: Taking off my mask

1. Wash my hands with soap and water.



2. Take the elastic ends (or the strings) without touching the front of my mask.



3. Only hold the elastic ends (or strings) of my mask.



4. Put my mask in a clean bag or container.

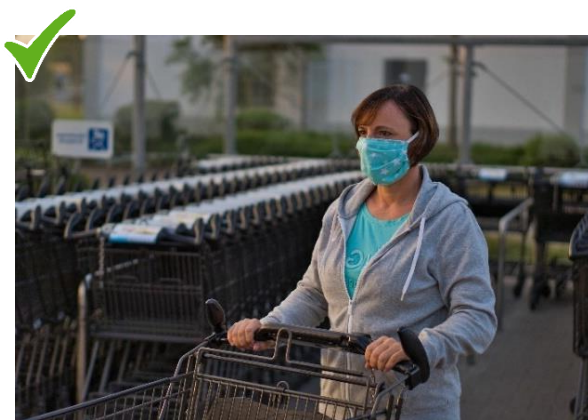


5. Wash my mask with the rest of the laundry when I get home.



I MUST WEAR MY FACE COVERING

At the grocery store



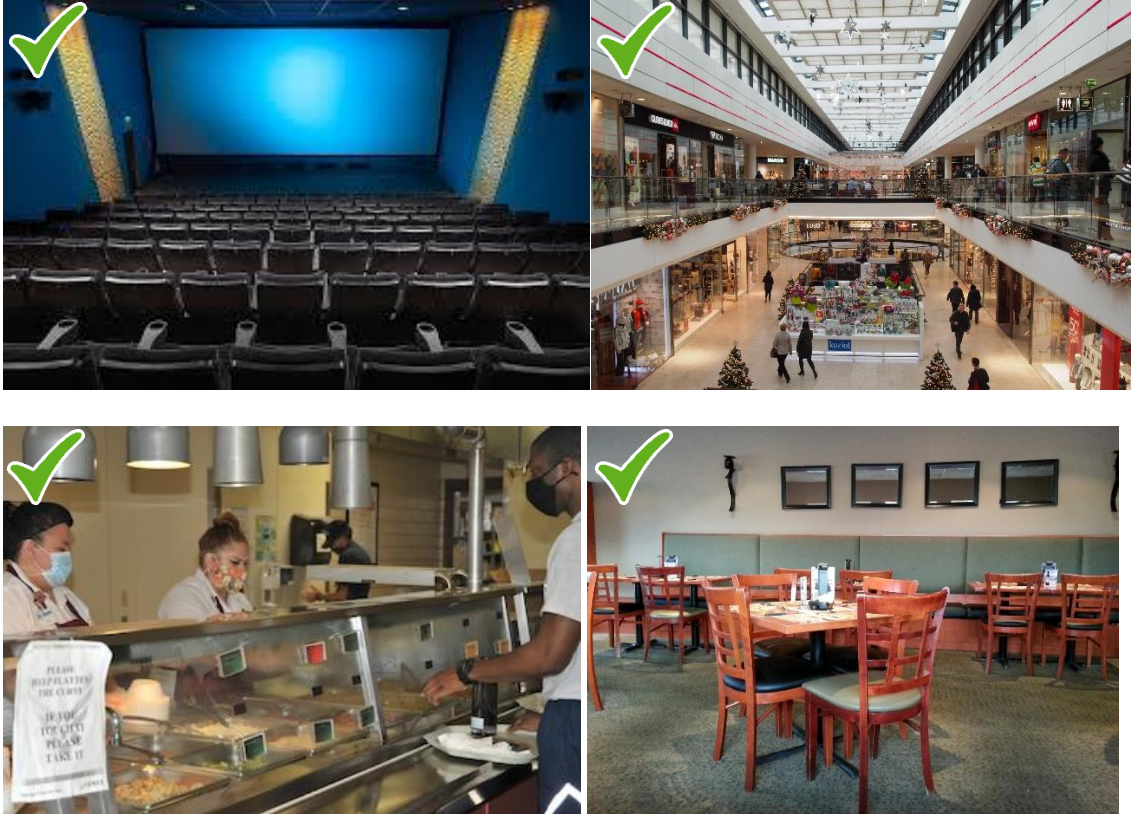
On public transit



At a clinic or hospital



In enclosed public spaces and partly covered spaces



★ For medical reasons, some people are not obliged to wear a mask:

- People who cannot put on or remove it themselves because of a physical impairment;
- People whose face is deformed;
- People who do not understand the obligation to wear a face covering or a mask;
- People who become disorganized or feel very distressed if they have to wear a mask or a face covering;
- People who have a severe skin problem on their face or ears that becomes worse if they wear a mask or a face covering.



I must wear my mask if I think I have the coronavirus or have been in contact with someone who has the coronavirus.

