

UNMASKING THE TRUTH:

How to Properly Reuse, Store, and Wash Your Cloth Mask

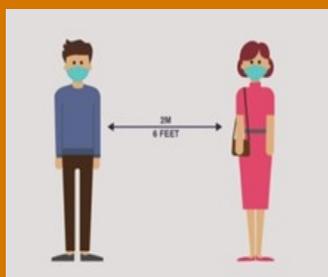
How Do They Work?

- COVID-19 is spread through liquid droplets via coughing, sneezing, or by touching surfaces that have been contaminated.
- These liquid droplets can enter your body through the eyes, nose, or throat if you are in close contact (less than 2 metres or 6 feet).
- The virus is not known to be airborne, so it is unlikely to be transmitted through the particles floating in the air.
- It is important to note that a significant portion of individuals with COVID-19 lack symptoms or can be pre-symptomatic, and can transmit the virus through speaking, coughing, or sneezing, before showing other symptoms of COVID-19.
- It is important to wear a mask when in the community (eg. grocery stores or public transit) as physical distancing can be more of a challenge to maintain.



Do Cloth Masks Protect Me Against COVID-19?

YES! However, it is important to remember that cloth masks do not guarantee protection from the virus.



Cloth masks also do not replace proper hygiene and physical distancing measures.

What Type of Cloth Mask is Best?

- Tightly woven, 100% cotton or linen is the most ideal. Examples of these fabrics include a bandana, a pillowcase, or woven shirts.
- Make sure that the cloth mask is made up of at least TWO LAYERS. To test if the layers of cloth are thick enough, hold it up to the sun to see if the light passes through!
- The mask should cover BOTH your nose and your mouth.
- Do not share it with other people!



What are Some Special Considerations for When Wearing a Cloth Mask?

- Wearing a head covering does not replace a cloth mask. It is best for the mask to be worn underneath the head covering to ensure the best fit against the face.
- If wearing glasses, apply your mask first and then apply your glasses. If you need to adjust your glasses at any time, ensure that you wash your hands before and after touching them.
- Exercising outside without a mask is safer outdoors. If you pass someone on the sidewalk, maintain a two metre distance when passing and continue exercising.



How Do I Wear a Mask?

1. WASH YOUR HANDS. (Using soap and water or a 70-90% alcohol based hand-rub)
2. INSPECT YOUR MASK TO ENSURE IT IS NOT DIRTY, DAMAGED, OR WET.
3. PUT ON YOUR MASK BY HOLDING THE ELASTIC LOOPS OR TIES OF THE MASK.
4. WASH YOUR HANDS BEFORE TAKING OFF MASK.
5. TAKE OFF YOUR MASK BY UNTYING THE STRINGS OR REMOVING THE LOOPS. DO NOT TOUCH THE FRONT OF YOUR MASK.
6. IF YOU PLAN TO STORE YOUR MASK, FOLD THE MASK IN HALD, WITH THE OUTSIDES PRESSED TOGETHER, AND PLACE THE FOLDED MASK INTO A PAPER OR PLASTIC BAG
7. WASH YOUR HANDS AGAIN.

How Do I Wash My Cloth Mask?



It can be washed in regular laundry with detergent and the warmest appropriate water setting. Put in the dryer at the highest heat setting.



It can also be soaked in a bleach solution made of 4 teaspoons of bleach per quart of room temperature water. Soak the mask for 5 minutes, rinse thoroughly after, and dry in direct sunlight. Ensure the bleach is not past its expiration date and never mix bleach with any cleansers.

HOW CAN I MAKE A MASK?

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks/sew-no-sew-instructions-non-medical-masks-face-coverings.html>

Who Should Not Wear a Mask?

- Children under the age of 2
- Any individuals who are unable to wear a mask due to a medical condition
- Anyone unable to remove a mask properly
- Some work environments (such as machinery work)