

Cloth Masks to Help Stop the Spread

Our top priority is to maintain the health and safety of our staff and trade partners during the current situation we are facing with COVID-19. The best way to stop the spread of the COVID-19 virus is through physical distancing of at least 6 feet, hand washing with soap and water or using an alcohol based sanitizer and to avoid touching your face. An added precaution recommended by the CDC, The WHO and PHAC is for the use of a cloth or non-surgical mask to protect against the transmission of COVID-19. Cloth and non-surgical masks are readily available on line and at some retailers for purchase. Trades are responsible for providing masks for their staff.



How to Wear Your Mask

Store your mask in a zip lock bag.

1. Ensure your mask is clean before use.
2. Wash your hands with soap and water for 20 seconds or use hand sanitizer before touching the mask.
3. Pick up the mask by touching the ear loops only.
4. Hold both ear loops and place a loop around each ear - Avoid touching the inside of the mask.
5. Fit the mask around mouth, nose and chin using the nose piece to position comfortably
6. Ensure it fits snug against the face

Taking the Mask Off

- Ensure you are at least 6 feet away from others
- Wash your hands or sanitize hands using alcohol based sanitizer
- Remove the mask using the elastic ear loops
- Do not touch the front of the mask (outside)
- Fold the mask with the inside protected and place in a zip lock bag

Taking Care of Your Mask

- At the end of each day, please take your mask(s) home and wash in the laundry with warm water and detergent
- Hang to dry or toss in the dryer on delicate setting
- Store the mask in a clean zip lock bag

Things to Remember

- It is recommended you wear your mask when appropriate during the times you are at work in close proximity to others
- Physical distancing of 6 feet is to be maintained as much as possible
- Try not to touch the mask while wearing it as that could increase the risk of transmitting the virus to your face
- If you need to take off the mask to eat or drink, be sure to wash your hands properly or use hand sanitizer. Do not pull the mask down below your mouth as you risk contamination.
- Once removed, place the mask in the zip lock bag provided to prevent cross contamination. Fold the mask in half, with the inside protected. Always wash your hands and physically distance before putting the mask on and before removing the mask.