How to keep safe while using your non-medical face mask or face covering

- Wash your hands before putting the mask on or taking it off.
- Avoid moving, adjusting or touching the mask.
- Ensure it is well-fitted (non-gaping).
- Change the mask by only touching the straps or ear-loops as soon as it gets damp or soiled. Do not touch the front of the mask.
- Do not place on younger children, anyone who has trouble breathing, or anyone who is unable to take the mask off without help.
- Do not share your mask with others.

Cloth masks protect others from your respiratory droplets, but will not protect you from the droplets of others.

Wearing a non-medical face mask should not be a replacement for following proven measures such as handwashing and physical distancing.

durham.ca/novelcoronavirus
Durham Health Connection Line | 905-668-2020 or 1-800-841-2729
If you require this information in an accessible format, contact 1-800-841-2729.