Tips for choosing a proper non-medical face mask or face covering

- Should be made of 2+ layers of tightly woven fabric (such as cotton or linen).
- Ensure it is well-fitted with ear loops or ties.
- Fit comfortably against your face allowing you to breathe easily so you don't need to adjust it.
- Be large enough to completely cover the nose and mouth without gaping.
- Must be durable to allow you to frequently wash and dry it without losing its shape.

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.