

Non-Medical Mask Info Sheet

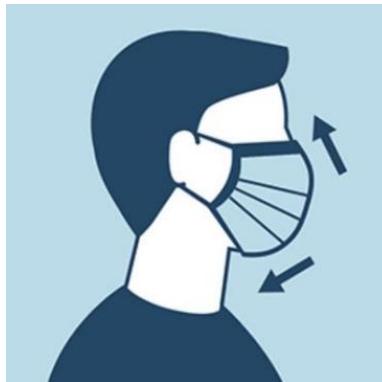
Wearing a non-medical mask is NOT a replacement for physical distancing, proper hand hygiene, and monitoring your health. Non-medical masks have not been proven to protect the wearer from COVID-19.

However, it can be an additional measure taken to protect others around you, even if you have no symptoms. It can be useful for short periods of time, when physical distancing is hard to maintain (e.g. in a grocery store, on the bus).

Meals on Wheels volunteers who do not have their own cloth mask will be provided with a disposable non-medical masks at each shift. If you have to enter a client's home, a building or an enclosed space (ex. apartment high rise; gas station service centre), please wear a mask and follow proper procedures listed below. When wearing a mask, you must continue to practice physical distancing during meal deliveries.

Putting on a mask:

- Wash your hands with soap and water or use hand sanitizer *before* and *after* putting on a mask
- Place mask so it snugly covers your nose and mouth (no gaps). See image below
- If your mask has a metal strip over the nose, pinch it to ensure a closer fit
- If your mask has pleats, ensure they are on the outer side, facing down
- Avoid touching or readjusting the mask



Taking off a mask:

- Discard/replace your mask as soon as it gets damp, soiled or crumpled
- Wash your hands with soap and water or use hand sanitizer *before* and *after* taking off a mask
- Remove mask by the straps or ear-loops. Do not touch the front of the mask
- Single-use disposable non-medical mask:
 - Dispose in a garbage bin lined with a plastic bag
 - These masks should not be washed, reused or recycled
- Cloth mask:
 - Place directly into the washing machine. Or place in a plastic bag to transport home to launder. Dispose of the plastic bag after use
 - If hand washing, use hot, soapy water

General Tips:

- Do not wear mask on the chin or hang on one ear
- Do not share your mask with others, including those in your household
- Do not place your used mask into your pocket, on any work surface, common area, or equipment

Cloth Masks Tips:

- Should be made with two or three layers of tightly woven but breathable cloth
- Should tolerate frequent washing and drying
- Masks with horizontal pleats help fit a variety of faces
- Look for a mask that have no seams over the mouth and nose through which air may leak
- Should be discarded if the material is frayed or has holes
- Masks are made differently. Learn how to use *your* mask

*Information from Ottawa Public Health and the Government of Canada's website
v. July 10, 2020*