

ASTM level 1 Medical Mask Info Sheet

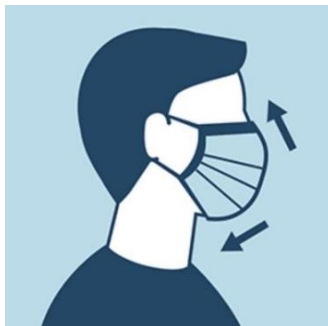
We have been directed by Ottawa Public Health to ensure all volunteers wear an approved surgical (medical) mask (ASTM level 1 minimum) during the entire delivery route for the protection of both the volunteer and the client.

Volunteers will be provided with a disposable surgical (medical) mask (ASTM level 1 minimum) each day they do a route. The mask should be worn for the duration of the route to reduce the amount of times it is handled, taken off and put back on. Please avoid removing your mask until your route is complete.

Physical distancing and proper hand hygiene must still be practiced even if wearing a medical mask.

Putting on a mask:

- Wash your hands with soap and water or use hand sanitizer
- Position the mask so the metal nose strip is on top. Place the loops of the mask around your ears. Pleats go on the outer side, facing down
- Stretch the mask so it fits snugly and covers your nose and chin. See image below
- Pinch the metal strip over the nose to ensure a closer fit (no gaps)
- Avoid touching or readjusting the mask



Taking off a mask:

- Wash your hands with soap and water or use hand sanitizer *before and after* taking off a mask
- Remove mask by the ear loops. Do not touch the front of the mask
- Dispose in a garbage bin lined with a plastic bag; or place in its own bag for proper disposal later
- These disposable masks should not be washed, reused or recycled

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