

COVID-19 Mask Information



These masks are a means to provide protection for members of your family as you cope with COVID-19 in your household. As with all masks, it offers only limited protection and other preventative measures should continue.

If you are sick

Wear the face mask when you are around other people in your home and before you enter a healthcare provider's office.

If you are caring for others

If the person who is sick is not able to wear a face mask (for example, because it causes trouble breathing), then as their caregiver, you should wear a mask when in the same room with them. Visitors, other than caregivers, are not recommended.

If you are not sick or caring for a sick person

Use the facemask when you are outside your home but near other people, such as on public transportation or at the grocery store. You do not need to wear a mask outside if you are not near other people.

Guidelines for all

- + Even with the mask, avoid close contact with people who appear unwell and who have a fever and cough. Cover your nose and mouth when coughing or sneezing, use a tissue when possible and dispose of it properly.
- + Wash your hands frequently with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing or sneezing, going to the bathroom and before eating or preparing foods.

Prevent self-contamination

- + Wash your hands before you put the mask on, before you take it off and after you take it off.
- + Always wear the mask with the same side facing outward.
- + After using a mask, the inside of the mask is contaminated. Remove it by using the ties or elastics without touching the inside.
- + Dispose of the mask if it becomes soiled and start using a new mask. If you are wearing a mask all of the time because you are around other people in your home all of the time, each mask will probably only last one day.
- + If you are alone part of the day and only wearing the mask when you are near others, then the mask may be used two or more days. When not using the mask, store it in a clean, breathable container like a paper bag. Dispose of these containers so they don't contaminate your next mask.