

## Mask and Face Covering Information Sheet

**IMPORTANT: Disposable masks, also known as surgical or procedural masks, should not be washed and re-worn. Disposable masks should be disposed of after use.**

**Reusable face coverings (cloth masks) are not a replacement for required personal protective equipment (PPE).**

Wearing a mask or face covering is used for source control, protecting ourselves and others. As per the Public Health Agency of Canada, while non-medical masks and face coverings can help prevent COVID-19 spread, medical masks and respirators provide better protection. Non-medical masks and face coverings are not classified as personal protective equipment (PPE). If a respirator (e.g., N95) is required for a specific job hazard, they are considered to be PPE and, as such, fit testing and other Respirator Program requirements should be followed.

**Use of a mask or face covering alone will not prevent the spread of COVID-19. It is one of a number of measures that work in tandem to protect you and others around you. It is critical to continue to follow further public health measures such as screening daily, not coming to campus if symptomatic or feeling unwell, practicing physical distancing where applicable, and properly washing your hands often.**

Wearing a mask or face covering is a way of covering your mouth, nose and chin to prevent your respiratory droplets or aerosols from contaminating others or landing on surfaces. A mask or face covering can protect you and any others by containing respiratory droplets or aerosols that can spread the virus.

### **Check your mask or face covering to ensure it is in good condition prior to use:**

- Inspect it for fraying and holes (there should not be any of these)
- Ensure it is clean and dry

Do not wear any mask or face covering that does not meet the above criteria.

### **How to wear and remove a disposable mask or reusable face covering:**

#### **How to wear a mask or face covering:**

- Properly wash or sanitize your hands immediately before putting the mask or face covering on, and practice good hand hygiene while wearing it.
- Secure the disposable mask or face covering with the ties or ear loops.
- Adjust the mask or face covering to ensure full coverage of the mouth, nose and chin. Use the flexible nosepiece and pinch around nose to secure the upper part of the mask. While holding mask in place at nose, pull the lower part of mask below the chin.
- Proper wear allows for comfortable breathing without restriction.
- The mask or face covering should not impair vision or interfere with tasks.
- The mask or face covering should not be shared with others.
- Avoid touching your mask or face covering, but if you do, make sure to wash or sanitize your hands right after.

- **Reusable face coverings:** The inner part of the face covering can be distinguished by the observable stitching close to the elastic bands and is a different colour from the outer part. It should fit well (non-gaping).



### How to safely remove a mask or face covering

- Wash or sanitize your hands, be careful not to touch your eyes, nose, and/or mouth when removing your mask or face covering.
- Gently remove by the elastic loops in a downward direction. Wash or sanitize your hands properly right after taking it off.

### Care for your mask or face covering

- Change your mask or face covering as soon as it gets damp or soiled.
- To wash **re-usable** face coverings, put them directly into the washing machine or into a disposable bag that can be emptied into the washing machine.
- **Re-useable** face coverings may be laundered with other items using a hot cycle, and then dried thoroughly.
- Store the mask or face covering in a clean paper bag until it is worn.
- Discard **disposable** masks or face coverings that cannot be washed, in a plastic-lined garbage bin after use. Kindly do not dispose used masks in the blue recycle bins.

### Warnings:

A mask or face covering should not be placed on or used by:

- Children under two years of age;
- Persons with an underlying medical condition which inhibits their ability to wear a mask or face covering;
- Persons who are unable to place or remove a mask or face covering without assistance; and
- Persons who require accommodation in accordance with the Ontario Human Rights Code that precludes the wearing of a mask or face covering.

### References:

- [Centres for Disease Control and Prevention](#)
- Public Health Agency of Canada's [COVID-19 mask use: Advice for community settings](#)
- [Council of Chief Medical Officers of Health Communication](#)
- [Public Health Ontario Guidance on Non-Medical Masks](#)
- [For more information and updates on face covers refer to the Public Health Agency of Canada's website.](#)