

# York University Mask Information Sheet

May 2022

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## Mask Information Sheet

**IMPORTANT:** Disposable masks, including surgical, procedural, and N95/KN95 masks are typically single use, but [may be reused](#) until visibly dirty, damp or damaged. Please follow the manufacturer's instructions for use and disposal. Non-medical masks, including cloth masks, are not a replacement for required personal protective equipment (PPE).

Wearing a mask is used for source control, protecting ourselves and others. As per the [Public Health Agency of Canada](#), while non-medical masks can help prevent COVID-19 spread, medical masks and respirators provide better protection. For more information about different types of masks, see Public Health Agency of [Canada's COVID-19 mask use: Types of masks and respirators](#) poster.

Non-medical masks 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.

**Wearing a mask, in addition to getting vaccinated, physical distancing where possible or reasonable, and other [public health measures](#), can reduce the spread of COVID-19. Please continue to follow applicable public health measures and York COVID-19 protocols, such as not coming to campus if feeling unwell, and properly washing your hands often.**

Wearing a mask 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 can protect you and any others by containing respiratory droplets or aerosols that can spread the virus.

### **Check your mask 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.

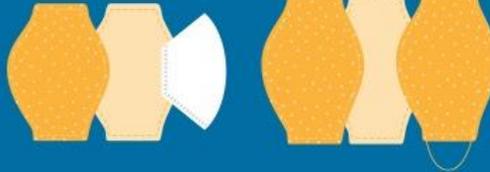
Do not wear any mask that is frayed, has holes, is wet or dirty.

# Choose a high quality mask that fits well



Snug fit, breathable  
& comfortable

At least 3 layers of  
tightly woven fabric,  
or 2 layers with a filter



Consider a medical mask  
or respirator for even  
better protection



Change it when it  
gets wet or dirty

Always wear a mask indoors, and outdoors if you can't keep a physical distance.

[TORONTO.CA/COVID19](https://toronto.ca/covid19)

 **TORONTO** Public Health

## How to wear (or “don”) a disposable or reusable mask:

- Properly wash or sanitize your hands immediately before putting the mask on, and practice good hand hygiene while wearing it.
- Secure the mask with the ties or ear loops.
- Adjust the mask 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 should not impair vision or interfere with tasks.
- The mask should not be shared with others.
- Avoid touching your mask, but if you do, make sure to wash or sanitize your hands right after.
- **Reusable cloth masks:** Often, the inner part of the cloth mask 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 ( or “doff”) a disposable or reusable mask:

- Wash or sanitize your hands, be careful not to touch your eyes, nose, and/or mouth when removing your mask.

- 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:

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

### Warnings:

A mask 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 without assistance; and
- Persons who require accommodation in accordance with the Ontario Human Rights Code that precludes the wearing of a mask

### References:

- [Toronto Public Health COVID-19 Mask Factsheet](#)
- [Public Health Ontario Optimizing Masks against COVID-19](#)
- Public Health Agency of Canada's [COVID-19 mask use: Advice for community settings](#)
- [Public Health Agency of Canada: COVID-19 mask use: Types of masks and respirators](#)