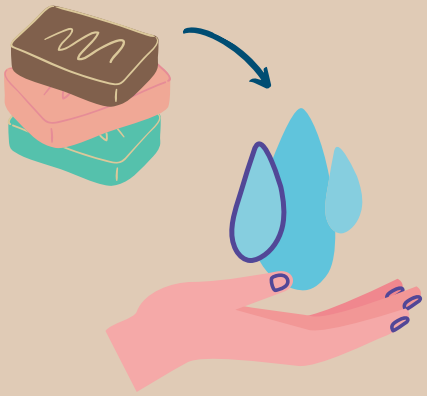
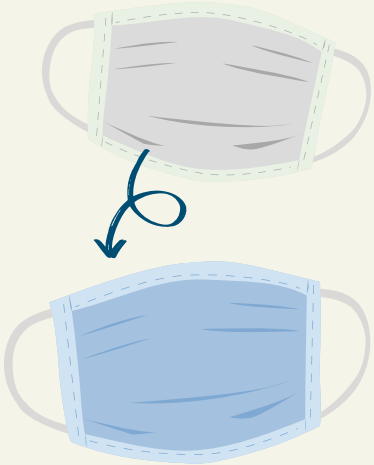
A GUIDE TO CLOTH MASK USE



Before putting on a mask, clean hands with alcohol-based hand rub or soap and water.

Cover mouth and nose with mask and make sure there are no gaps between your face and the mask.



Keep your mask clean when not in use, or when eating or drinking. Store it in a clean paper or cloth bag until you put it on again.

Wash your cloth mask regularly and let it dry completely before wearing again.

Sources: WDG Public Health & Health Canada