



# Wearing a home-made mask

This home-made mask was made by a volunteer and has not been tested for quality. It is not a replacement for a medical mask. Home-made masks have not been proven to protect you from the virus and must be used along with physical distancing and hand washing. Home-made masks should not be put on children under 2 years old.

## Information on home-made masks

- Non-medical masks may help protect others around you
- They offer protection, especially when physical distancing is hard to maintain
- Wearing a non-medical mask is NOT a replacement for physical distancing, hand washing, and monitoring your health
- Wearing a non-medical mask can increase your risk of infection if you touch your face more frequently

## How to put on your home-made mask

The outside of your mask can become contaminated with germs while you wear it and can increase your risk of infection if you touch your face a lot.

1. Make sure the mask is clean and dry.
2. Wash your hands with warm water and soap for at least 20 seconds before touching the mask. If washing your hands is not possible, use hand sanitizer with a minimum 60% alcohol base.
3. Make sure your hair is away from your face.
4. Place the face covering over your nose and mouth and secure to your head or ears with its ties or elastics.
5. Adjust the mask to make sure your nose and mouth are fully covered if you need to. It should fit snugly to your cheeks and there should not be any gaps.
6. Wash your hands again, the same way you did before putting the mask on.

**IMPORTANT:** When your mask is on, it is important to not touch your mask or face. If you do touch your mask or face, you should immediately wash your hands with warm water and soap for at least 20 seconds. You can also use hand sanitizer with a minimum 60% alcohol base.

## How to remove your home-made mask

1. Wash your hands with warm water and soap for at least 20 seconds. If washing your hands is not possible, use hand sanitizer with a minimum 60% alcohol base.
2. Remove the mask by un-tying it or removing the loops from your ears. Try not to touch the front of the mask when taking it off.
3. If you are out in public, put the mask in a plastic bag temporarily. Make sure you close or zip seal the bag while storing it.
4. Wash your hands for 20 seconds or sanitize if washing your hands is not possible.
5. If you plan to reuse the mask, make sure you wash it before wearing it again. It can be washed with hot, soapy water, or it can be washed with your other laundry.