

Types and use of masks for COVID-19

Masks are meant to be used alongside universal precautions to keep people and communities safe. Universal precautions include: physical distancing (at least two metres or six feet); washing your hands frequently; avoiding touching your eyes, mouth, nose and ears as much as possible; coughing into your elbow; wearing an appropriate face mask in indoor public spaces, busy areas and on transit and when physical distancing is not possible, and, of course, seeing a primary care provider and/or getting tested if you are not feeling well or exhibit COVID-19 symptoms

- Notes:
- ** Before putting on a mask clean hands well with an alcohol-based hand sanitizer or soap and water
 - ** Masks should not be worn by children under two years, anyone who has trouble breathing, anyone who is unconscious, incapacitated or unable to remove the mask without help.

Mask type and alternate names	Picture and purpose	Who should wear it	Information about use	Putting on and removing masks after you prepare for wearing a mask
<ul style="list-style-type: none"> • surgical mask • medical mask • procedural mask 	 <ul style="list-style-type: none"> • COVID-19 is transmitted through droplets; it is not an airborne illness • masks are used to keep out 	<ul style="list-style-type: none"> • frontline health-care workers • other community workers who are part of the health-care team (e.g. medical drivers, front desk clerks, etc.) • people who are suspected or confirmed to be infected by COVID-19 <p><i>Note: If you are infected with COVID-19, a mask</i></p>	<ul style="list-style-type: none"> • masks should fit snugly over the nose and mouth • masks should be thrown away immediately in a lined, covered garbage bin after its one time use • if the mask becomes damp/humid, replace the mask with a new, clean one • do not share the mask with others • ear loop masks are easier to remove in comparison to a mask 	<p>Putting on a mask:</p> <ol style="list-style-type: none"> 1. Hold the mask by the ties or ear loops 2. Cover both the mouth and nose with the mask 3. Slip the ties over the ears being careful not to touch the mask 4. Pinch the metal clip over the nose to improve the mask's fit 5. Make sure there are no gaps between your face and the mask <p>Wearing a mask:</p> <ul style="list-style-type: none"> • do not touch the mask and your face (i.e. eyes) while using it

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	<p>droplets that carry larger bacteria or viruses</p> <ul style="list-style-type: none"> • masks protects others from droplets that can come from your nose or mouth when you cough and/or sneeze • droplet and contact precautions such as an ear loop mask, face shield, gown and gloves are the best ways to keep health-care workers safe when providing routine care for individuals with suspected or confirmed COVID-19 	<p><i>won't stop you from transmitting the virus you should still self-isolate and follow health-care provider recommendations</i></p> <ul style="list-style-type: none"> • family/friends caring for people with suspected or confirmed COVID-19 	<p>with horizontal straps</p> <ul style="list-style-type: none"> • masks with horizontal straps can be more challenging to put on and take off, causing you to touch your face (e.g. nose, eyes and mouth) more, which increases your risk for spreading the virus on your hands to your face 	<ul style="list-style-type: none"> • if you touch your mask, clean your hands with an alcohol-based hand rub or soap and water • as soon as the mask is damp, replace or change the mask <p>Removing a mask:</p> <ol style="list-style-type: none"> 1. Grasp the ties or ear loops from behind your head 2. Remove the mask and immediately dispose into a closed, lined garbage bin 3. Clean your hands with alcohol-based hand rub or soap and water, and put on a new/clean mask as needed <p>Re-using masks (if necessary):</p> <ul style="list-style-type: none"> • if supplies are limited, masks may be reused as long as they are not visibly soiled, contaminated, wet or otherwise damaged • if a mask is to be reused, keep it from being contaminated by storing it in a clean, labelled paper bag or in a cleanable container with a lid • paper bags are to be discarded after each use • reusable containers need to be cleaned and disinfected after each use • label bags and containers with your name to prevent cross-contamination

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<ul style="list-style-type: none"> • N95 mask • N95 respirator 	 <ul style="list-style-type: none"> • disposable masks with a tight fit around the nose and mouth • protects you by keeping out very small particles (e.g. dust), bacteria (e.g. tuberculosis) and viruses (e.g. measles, COVID-19) 	<ul style="list-style-type: none"> • health-care workers who are at high risk of being sprayed with the virus into the air by patients with suspected or confirmed COVID-19 (also known as aerosol generating procedures such as suctioning, tracheotomy, intubation and non-invasive positive-pressure ventilation) 	<ul style="list-style-type: none"> • an N95 mask should only be worn by a health-care provider who has had a mask fit test done to ensure a proper fit • do not share the mask with others • extended use of this mask can cause a skin rash on the face and other allergic reactions • ear loop masks are easier to remove in comparison to a mask with horizontal straps • Masks with horizontal straps can predispose you to self-contamination 	<p>Putting on a mask:</p> <ol style="list-style-type: none"> 1. Hold the mask by the horizontal elastics 2. Cover both the mouth and nose with the mask 3. Slip the horizontal straps over the head being careful not to touch the mask 4. Pinch the metal clip over the nose to improve the mask's fit 5. If you have been properly fitted, there should be no gaps between your face and the mask <p>Wearing a mask:</p> <ul style="list-style-type: none"> • do not touch the mask and your face (e.g. eyes) while using it • if you touch your mask, clean your hands with an alcohol-based hand rub or soap and water • as soon as the mask is damp, replace the mask <p>Removing a mask:</p> <ol style="list-style-type: none"> 1. Grasp the horizontal straps from behind your head 2. Remove the mask 3. Throw away the mask immediately into a closed, lined garbage bin 4. Clean your hands with an alcohol-based hand rub or soap and water, and put on a new/clean mask as needed <p>Re-using masks (if necessary):</p> <ul style="list-style-type: none"> • if supplies are limited, masks may be reused as long as they are not visibly soiled,

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				<p>contaminated, wet or otherwise damaged</p> <ul style="list-style-type: none"> • if a mask is to be reused, keep it from being contaminated by storing it in a clean, labelled paper bag or in a cleanable container with a lid • paper bags are to be discarded after each use • reusable containers need to be cleaned and disinfected after each use • label bags and containers with your name to prevent cross-contamination
<ul style="list-style-type: none"> • cloth mask • home-made face covering 	 <ul style="list-style-type: none"> • used when a community member is unable to maintain physical distance (i.e. 2 meters or 6 feet) from others 	<ul style="list-style-type: none"> • anyone in the community who is unable to physically distance 2 meters or 6 feet from others (e.g. in a grocery store, on public transportation) 	<ul style="list-style-type: none"> • the mask should fit snugly but comfortably against the side of the face • ideally, the mask should have a metal clip that can be pinched over the nose to improve fit • the mask should be secured with ties or ear loops • the mask should be made of tightly woven fabric (i.e. cotton, polyester) with at least three layers that allow a person to breathe freely • the mask should be changed when it gets wet or dirty • washable fabric should be used so that the mask can be washed in a washing machine without damage or change to its shape. Do not share the mask with 	<p>Putting on a mask:</p> <ol style="list-style-type: none"> 1. hold the mask by its ties or ear loops 2. Cover both the mouth and nose with the mask 3. Slip the mask's ties or ear loops over the ears and behind the head, being careful not to touch the mask 4. Pinch the metal clip over the nose to improve the mask's fit 5. Make sure there are no gaps between your face and the mask <p>Wearing a mask:</p> <ul style="list-style-type: none"> • do not touch the mask and your face (i.e. eyes) while using it • if you touch your mask, clean your hands with an alcohol-based hand rub or soap and water • as soon as the mask is damp, replace the mask <p>Removing a mask:</p> <ol style="list-style-type: none"> 1. Grasp the ear loops or the mask's ties from

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	<p>in public</p> <ul style="list-style-type: none"> do not wear a mask while exercising; instead maintain physical distance from others cloth masks are an additional measure you can take to protect others around you cloth masks can reduce the chance that others come in contact with your droplets from sneezing and/or coughing, and also may protect you from droplets from others coming in contact with you cloth masks may remind you to not touch your nose and mouth when you are out in public or in other settings 		<p>others</p> <ul style="list-style-type: none"> ear loop masks are easier to remove in comparison to a mask with horizontal straps masks with horizontal straps can predispose you to self-contamination 	<p>behind your head</p> <ol style="list-style-type: none"> Remove the mask If not washable, throw away the mask immediately into a closed, lined garbage bin Clean your hands with an alcohol-based hand rub or soap and water, and put on a new/clean mask as needed <p>Reusing masks (if washable):</p> <ul style="list-style-type: none"> wash the mask in a washing machine or by hand with other items using hot water with laundry detergent air dry the mask outside after it is washed masks that cannot be cleaned should be discarded in a closed, lined garbage bin

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Educational Videos:

- Home Made Mask Video Mohawk council of Akwesasne. (2020). Retrieved from: <https://www.coo-covid19.com/education> ? I don't find this resource on this link. You can reference th Canada Sews website for patterns.
- How to Wear a Fabric Mask. (2020). World Health Organization. Retrieved from: <https://www.youtube.com/watch?v=ciUniZGD4tY>
- Michael Garron Hospital. (2020). Debunking PPE myths with Dr. Jeff Powis: Which masks should health care workers wear during COVID-19? Retrieved from: <https://www.youtube.com/watch?v=K10O5vjKOh4&feature=youtu.be>