

WHEN AND HOW TO WEAR A MASK

Wearing a mask can help to prevent the spread of some respiratory illnesses. However, it could be a source of infection if not worn or discarded properly.

When you wear a mask:

- **Clean your hands before putting the mask on**, and after taking it off.
- Throw disposable masks in the garbage directly after use.
- Store re-usable masks in a breathable container/bag used only for dirty masks until you are able to launder them.

Wear a mask if:

- You have [COVID-19 symptoms](#). (If you do have symptoms, stay home and arrange to get tested. Follow all regional/community public health orders related to COVID-19 testing.)
- Your work site requires it as part of its Exposure Control Plan.
- The Public Health Order in your jurisdiction mandates the wearing of mask. Follow the guidelines provided by your territorial government ([NU](#) and [NT](#)).

How to wear a mask:

- Before putting on your mask, clean your hands with soap and water or use an alcohol-based hand sanitizer.
- Secure the elastic loops of the mask around your ears. If your mask has strings, tie them securely behind your head.
- Make sure the mask covers your mouth and nose.
- Do not touch the front of the mask while you wear it.

How to remove your mask:

- Remove the elastic loops of the mask from around your ears or untie the strings from behind your head.
- Do not touch the front of your mask to remove it.
- Hold only the loops or strings and place the mask in a garbage or laundry bin.
- Clean your hands with soap and water or an alcohol-based hand sanitizer after you have removed your mask.

More information:

- When a mask becomes damp or humid, replace it with a new mask.
- Do not reuse a single-use mask. Throw it in the garbage when you have finished using it.

For information on use of homemade masks please see

[Health Canada: Considerations in the use of Homemade Masks to Protect against COVID-19](#)

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