

## WHAT YOU NEED TO KNOW ABOUT MASKS

Wearing a mask or face covering when you are in public is the best way to help stop the spread of COVID-19.

Medical evidence shows that wearing a mask or face covering reduces the spread of infected droplets that come from your nose and mouth.

Other important ways you can reduce the spread:

- Maintain a physical distance of at least 2 metres or 6 feet between you and anyone not inside your 10-person social circle.
- Wash your hands or use hand sanitizer often.
- Stay home if you have symptoms including fever, cough or difficulty breathing.

### I don't have any symptoms, so why wear a mask?

Many people who have the COVID-19 virus don't have any symptoms – they are “asymptomatic”. But even if you don't know you're sick, you can still infect others.

If everyone wears a mask – just in case – we can help stop the spread.

### Do I have to wear a mask in public?

Everyone should wear a mask in public, especially when you can't stay 2 metres or 6 feet away from others.

Depending on where you live, you may be required to wear a mask or face covering to enter public spaces. Check with your municipal government or local Public Health Unit for the mask requirements in your region.

Masks or face coverings should not be worn by people under the age of 2, anyone who has trouble breathing, or anyone who is unconscious, incapacitated, or unable to remove their mask without assistance.



### What's the best type of mask or face covering?

Masks or face coverings should be made of at least two layers of tightly woven material. They should be large enough



to cover the nose and mouth completely, fit securely, and keep their shape after washing.

### If I have symptoms of COVID-19, should I wear a mask?

If you have symptoms such as fever, cough or difficulty breathing, or if you've been in contact with someone who has tested positive for COVID-19, you must stay home and self-isolate away from other people. You should also check the COVID-19 self-assessment tool at [covid-19.ontario.ca/self-assessment](https://www.covid-19.ontario.ca/self-assessment).

Students must screen for COVID-19 every day before going to school. You can find the COVID-19 student screening tool at [covid-19.ontario.ca/school-screening](https://www.covid-19.ontario.ca/school-screening).

### How do I wear a face covering or homemade mask safely?

Remember that the outside of your mask or face covering is considered “dirty”.

- Wash your hands before you put a face covering on, and after you take it off.
- Do not adjust your face covering or touch it while wearing it.
- Do not share your mask.
- After you take off your mask, wash it in hot water or throw it out.

For more information on COVID-19, please visit the OMA's [virusfacts.ca](https://www.virusfacts.ca) website. ■