

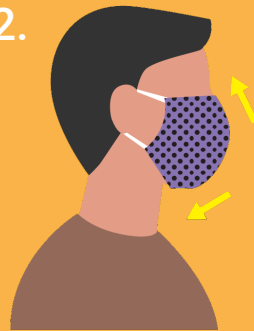
# Using a cloth mask safely

1.



Wash your hands before putting on the mask.

2.



Place the mask over your mouth, nose, and chin, making sure there are no gaps.

3.



Do not touch your mask while wearing it. Do not leave the mask on your neck, forehead, or hanging from your ear.

4.



Change your mask as soon as it gets damp or dirty.

5.



Remove the mask without touching the outside of it. Wash the mask in hot soapy water, either by hand or in a washing machine.

6.



Wash your hands and clean any surfaces that the used mask touches.

## Have questions?

Call our COVID-19 hotline at 1-866-468-2240  
or visit [www.nwhu.on.ca/covid19](http://www.nwhu.on.ca/covid19)