

When and how to use non-medical Masks

Combined with hand hygiene and other preventative measures, you can protect yourself and others

Physical distancing, or standing at least 2 meters away from others, is the best way to protect yourself and others from respiratory virus. Sometimes physical distancing isn't possible. For situations where you need to work shoulder to shoulder with someone, wear a mask!

Proper use is important - Masks do NOT replace physical distancing

Face coverings (homemade cloth mask) / Non-medical masks:

These have not been tested, approved or proven to protect the person wearing it, however, it may be helpful in protecting others around you. They do so by acting as a cover to prevent respiratory droplets from the wearer contaminating other people or surfaces



Medical masks (include N95 respirators):

Medical, surgical or procedure masks provide a barrier to splashes, saliva, or spit, droplets **when used in conjunction with other PPE items such as eye protection, gown, and gloves.**

Medical masks + other PPE is required only when performing work with 2 meters of an individual who is sick or isolating.

N95 masks are the highest level of protection for the wearer from exposure to biological aerosols that may contain viruses or bacteria. They are generally only required during specific, high-risk medical procedures and require fit testing before being issued.



How to put on, use, take off and dispose of a mask:

- Before touching the mask, clean your hands (with a 60% alcohol-based hand rub or soap and water)
- Inspect the mask and insure it is not dirty or damaged before you wear it
- Fit the mask on your face, secure behind your head or over your ears. Adjust so it is covering your nose, mouth and chin
- Face masks can become contaminated on the outside, or when touched by your hands. If the mask gets damp, soiled or crumpled while you're wearing it, replace it and clean your hands as soon as possible
- To remove the mask (when no longer performing the tasks or no longer within 2 meters of another person): remove it from behind with clean hands. Do not touch the front of the mask – if you do, clean your hands.
- Masks that cannot be washed should be discarded immediately. Never reuse a disposable mask
- Clean your hands

Want more information? Visit albertahealthservices.ca/covid19 for frequent updates

Protect yourself and others, do your part!
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