Masks and Head Coverings

Wear a mask when you cannot keep a 2 meter (6 foot) distance from others.

Before
Wash your hands for 20 seconds before touching your mask. Use hand sanitizer if a sink is not available.

Make Sure Your Mask:
- Fully covers your mouth and nose.
- Is made of 2 to 3 layers of clean fabric if it's a reusable cloth mask.

How to Wear
- Use longer ties
- Use an extender
- Ski scarf
  Note you need to put it on before your turban
- If scarf is thin, fold to make 2 to 3 layers of fabric.

Wear it underneath

After
Wash your hands for 20 seconds after removing your mask. Use hand sanitizer if a sink is not available.

- Throw away your disposable masks in the garbage after use.
- Keep your reusable mask in a resealable plastic bag.
- Wash reusable masks after use.