When & How to Wear a Mask

If you leave your home it is recommended that you wear a mask as it can help slow the spread of COVID-19. This advice is based on new data about how COVID-19 can spread before a person has any symptoms. A mask helps protect others around you if you are infected and don't know it. Wearing a mask shows respect for your neighbors and community. A mask is one more precaution we can take to help slow the spread of COVID-19 – and is not a substitute for physical distancing and other prevention measures like washing your hands.

Examples of when to wear a mask

Trips to the grocery store, pharmacy, doctor or hospital

Any setting where it is difficult to maintain as least a 6 feet distance between yourself and others. Any busy or crowded place.

At home if you are sick and have other people in the house.

Any visits with vulnerable populations including seniors and those who are immune compromised.

Riding the bus, taxi or sharing a ride.

Examples of when you don't need to wear a mask

Going for a walk in the woods or in your neighborhood. But bring one in case you encounter other people and stop to chat.

At home, if everyone in the home is not showing symptoms

Going for a run or walk if it is not crowded.

Who should never wear a mask:
- Children under the age of 2
- Anyone who has trouble breathing
- Anyone who is unable to remove the mask without assistance.

How to wear a surgical mask

- Before putting on a mask, clean hands with alcohol-based hand rub or soap and water.

- Open mask fully to cover from nose to below chin. If the mask has a nose bar, pinch around your nose.

Removing the mask

- Clean hands with alcohol-based hand rub or soap and water. Do not touch the front of the mask. Remove using the ties or elastic loops.

- Wash reusable masks after every use. Discard disposable single use masks.

- Clean hands with alcohol-based hand rub or soap and water.

CAREGIVERS NETWORK for East Kootenay Seniors