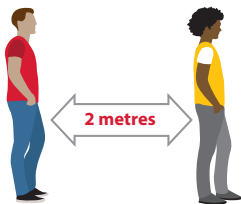


# Face coverings and masks



Regardless of the type of face covering, continue maintaining a physical distance of **2 metres** from others if possible.



## Face Covering

### What is it?

A cloth covering for your nose and mouth, which can easily be made at home. This could also be a scarf or a bandana.

### When you need it:

- To protect others from your coughs and sneezes, or viral droplets.
- Recommended by AHS for public spaces like grocery stores or where physical distance may be difficult.

### How to use it:

- Cover your mouth and nose and tie securely. Ensure it is not gaping.
- Change your face covering when it gets damp or soiled.
- Should be washed daily with regular laundry.



## Procedural/Surgical

### What is it?

Commonly seen worn by hospital and medical staff.

### When you need it:

- Best for individuals who work with patients in close contact to limit risk of infection.

### How to use it:

- Ensure the correct side is facing outwards.
- Place elastics either around ears or around plastic ties on the back of the head.
- Spread fully to cover nose and mouth.
- Can be re-worn unless soiled or contaminated.



## Respiratory protection

### What is it?

N95s or others

### When you need it:

- To protect you from a potential respiratory hazard like silica, chemicals and it also helps protect from viruses like COVID-19.
- Your supervisor or safety advisor will tell you if your job requires respiratory protection.

### How to use it:

- Pre-stretch bottom straps and place on your face.
- Position under your chin with the nose piece pointing up to the ceiling.
- Secure the elastics around your head (top band around your head, and bottom band around your neck).
- Mold the metal piece around your nose and fit-test for air leaks.
- Can be used and re-worn up to five times if not soiled or wet. Store in a separate bag. (If exposed to contaminants like fentanyl do not re-wear.)



If you adjust a face covering with unclean hands, you can contaminate the mask, making it ineffective. **Wash your hands.**