



## All staff, patients and visitors must wear a medical mask when visiting health care facilities\*:

- When walking through the hospital or entering the clinic
- When in common areas such as the waiting room or hallway
- At all times unless it interferes with a clinical assessment

### How to Wear a Mask



1  
Clean your hands with soap and water or hand sanitizer



2  
Hold the mask by the ear loops and place a loop around each ear



3  
Mold or pinch the stiff edge to the shape of your nose



4  
Pull the bottom of the mask over your mouth and chin



5  
Avoid touching the front of the mask when wearing

### How to Remove a Mask



1  
Clean your hands with soap and water or hand sanitizer



2  
Avoid touching the front of the mask. Only touch the ear loops



3  
Hold both of the ear loops and gently lift and remove the mask



4  
Throw disposable masks in the trash or machine wash fabric masks



5  
Clean your hands with soap and water or hand sanitizer

### How NOT to wear a mask



Around your neck



On your forehead



Under your nose



Only on your nose



On your chin



Dangling from one ear



On your arm

\*Please note, this does not apply to allied health practitioners in community settings, such as chiropractors, physiotherapists, massage therapists, dentists, and occupational therapists.