

Wearing a Face Covering in Public Settings



Warning:

Children under the age of two years, people with respiratory difficulties or who are handicapped or need help to remove their face coverings should not wear them.

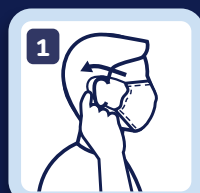
When?

- When physical distancing in public settings is not possible, such as when you are shopping or taking public transportation. **If you are sick, stay home.** If you need to go to a medical clinic or hospital, you may wear your face covering until you are given a procedure mask.

Why?

- Not everyone that has COVID-19 has symptoms. Some people do not even realize that they are infected. Wearing a face covering may reduce the risk of an infected person unknowingly transmitting COVID-19 to others. Wearing a face covering in public settings must be accompanied by other protective measures, which include proper hygienic practices and physical distancing. Your face covering must be properly used only by you, and regularly washed.

How to use your face covering



1 With one hand, place the face covering over your nose and mouth. Use your other hand to attach it behind your ears with the elastic or string loops.



Wash your hands **BEFORE** and **AFTER** use of the covering.



2 Adjust the face covering to your nose.



Change your face covering if it becomes moist, soiled or damaged



3 Now adjust it under your chin



Do not leave the face covering hanging from your neck or an ear. Keep it on your face and avoid touching it. If you do touch your covering while wearing it, wash your hands thoroughly as soon as possible.



Remove your face covering by the elastic or string loops without touching the front.

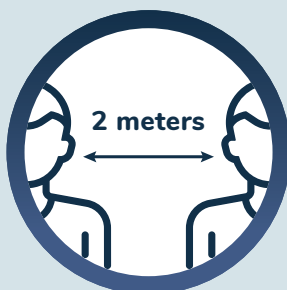


Fold the outer parts of the face covering together and place it in a clean bag. You may wash the covering as soon as you get home, along with the rest of the laundry.

Face covering does not replace the following



Hand washing



Physical distancing



Isolation at home if you are sick

Protégeons-nous contre la COVID-19



Port du masque

Pour qui ?

- Tout travailleur qui doit être physiquement à moins de 2 mètres d'une autre personne dans le cadre de son travail.



Comment utiliser un masque ?



1 Mettez le masque en plaçant le bord rigide vers le haut.



→ Lavez-vous les mains **AVANT** et **APRÈS** l'utilisation.



→ Changez le masque s'il est humide, souillé, endommagé ou à la fin de votre quart de travail, ou selon les consignes de votre employeur.



2 Moulez le bord rigide du masque sur le nez.



→ Ne gardez pas le masque accroché à votre cou ou pendu à une oreille. Gardez-le sur votre visage et évitez de le toucher. Si vous touchez votre masque pendant que vous le portez, lavez-vous les mains.



3 Abaissez le bas du masque sous le menton.



→ Pour retirer le masque, saisissez uniquement les élastiques sans toucher le devant du masque.

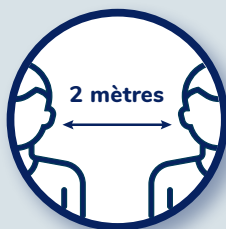


→ Jetez-le immédiatement après chaque utilisation dans une poubelle fermée.

Le masque ne remplace pas :



le lavage des mains



la distanciation physique



l'isolement à la maison si vous êtes malade