

Community Update – August 12, 2020

Emerging Wisely Current State: Relaxing Phase 2 – Next Steps

Medical masks will likely be a part of our response to COVID-19 for some time. Whether it is visiting the health centre for an eye appointment, dropping your kids off at school or travelling via airplane; at some point you are going to need to wear a mask. Make sure you have one and know how to safely use it.



The prolonged use of medical masks can be uncomfortable. However, it does not lead to CO2 intoxication nor oxygen deficiency.


While wearing a medical mask, make sure it fits properly and that it is tight enough to allow you to breathe normally. Do not re-use a disposable mask and always change it as soon as it gets damp.

* Medical masks (also known as surgical masks) are flat or pleated; they are affixed to the head with straps or have ear loops.

FACT:

The prolonged use of medical masks* when properly worn, DOES NOT cause CO2 intoxication nor oxygen deficiency



#Coronavirus #COVID19

5 June 2020

Locally made reusable masks are available (while supplies last) at the Town Office in the Free Pantry.

HOW TO WEAR A NON-MEDICAL FABRIC MASK SAFELY

Do's
→



Clean your hands before touching the mask



Inspect the mask for damage or if dirty



Adjust the mask to your face without leaving gaps on the sides



Cover your mouth, nose, and chin



Avoid touching the mask



Clean your hands before removing the mask



Remove the mask by the straps behind the ears or head



Pull the mask away from your face



Store the mask in a clean plastic, resealable bag if it is not dirty or wet and you plan to re-use it



Remove the mask by the straps when taking it out of the bag



Wash the mask in soap or detergent, preferably with hot water, at least once a day



Clean your hands after removing the mask

A fabric mask can protect others around you. To protect yourself and prevent the spread of COVID-19, remember to keep at least 1 metre distance from others, clean your hands frequently and thoroughly, and avoid touching your face and mask.

[who.int/epi-win](https://www.who.int/epi-win)

