COVID-19 and Masks and Face Coverings for Personal Use

Coronavirus Disease (COVID-19) is a novel coronavirus that causes acute respiratory illness. Many people will have mild symptoms, though some will get very sick. Visit toronto.ca/covid19 for more information.

How to Protect Others?
The best protection is to stay home, keep two metres (or six feet) from others and wash your hands often. Wearing a mask or face covering may not protect you from COVID-19, but it may protect others from your respiratory droplets and germs.

Face Masks and Coverings
A face mask or covering can be used if you are unable to maintain a two metre (six feet) distance from others, such as on transit, in an elevator, when grocery shopping or entering and leaving your apartment building. You can make your own mask with materials you already have at home (e.g. cotton t-shirt or pillowcase) or use a scarf or bandana to cover your face.

Making a Non-Medical Mask or Face Covering
- Use at least two layers of tightly woven fabric (e.g. cotton or linen)
- Use different fabrics for each side of the mask, so you know which side faces in or out
- The mask should be large enough to cover the nose and mouth, without gaps
- Use ties or ear loops for a secure fit, and for easy breathing
- Do not use plastic or non-breathable materials
- Be sure the mask or covering does not interfere with your vision or your tasks
- For instructions on making a mask, visit the Government of Canada website

Putting on a Mask or Face Covering
✓ Wash your hands before putting on a mask
✓ Keep hair away from your face
✓ Place the mask over your mouth and nose snugly. There should be no gap
✓ Be sure it fits comfortably and that it's easy to breathe, to avoid adjusting the mask while using it
✗ Avoid touching your face and mask while using it
✗ Do not share your mask with others
✗ Do not leave your mask around your neck, hanging from your ear, or on your forehead
✗ Do not put your used mask in your pocket because it is contaminated with germs. Put it in a plastic bag until you can wash it
Taking Off a Face Mask
- Change your mask as soon as it gets damp or soiled
- Remove the mask without touching the outside of the mask
- Put the mask directly in the laundry or a lined bin to be cleaned
- Wash cloth masks after each use, in the laundry with other items using the hot cycle
- Discard non-reusable masks in a lined garbage
- Clean surfaces that a dirty mask touches
- Wash your hands thoroughly

Individuals Who Should Not Use Face Masks
- Children under the age of two
- Anyone who has trouble breathing
- Anyone who cannot remove the mask without assistance

Wearing a Mask at Work
Follow instructions provided by your employer regarding the option of choosing to wear a non-medical mask or face covering.

Do Not Use Medical-Grade Masks
It is extremely important that we keep the supply of medical masks for healthcare workers where they are urgently needed for medical procedures, and to care for individuals who have COVID-19. Healthcare workers need medical masks, including N95 and surgical masks.

More Information
Visit Canada.ca/coronavirus for more information on face masks and coverings.