COVID-19

Should I wear a face covering?

It will protect others from your germs.

When going out for groceries and essentials, the mask may offer some protection when you cannot keep 2 metres (6 feet) from others.

You can make your own mask with materials you already have.

How to safely wear a mask:

- Do wash your hands before putting it on and taking it off
- Do make sure it fits to cover your mouth and nose
- Do wash your cloth mask in the laundry
- Do clean surfaces that a dirty mask touches
- Don’t touch your face or mask while using it
- Don’t use masks on children under 2 years of age or anyone who has trouble breathing
- Don’t share your mask with others

The best protection

- Stay home
- Keep 2 metres away from others
- Wash hands often

#StayHomeKFLA

Do not use medical masks as they are needed by health care workers.

kflaph.ca/Coronavirus