What is a face mask?

Face masks are one tool utilized for preventing the spread of disease. Face masks are loose-fitting masks that cover the nose and mouth and have ear loops or ties or bands at the back of the head. They come in different colours.

What is a face mask used for?

Facemasks help limit the spread of germs. When someone talks, coughs, or sneezes they may release tiny drops into the air that can infect others. If someone is ill a face masks can reduce the number of germs that the wearer releases and can protect other people from becoming sick. A face mask also protects the wearer's nose and mouth from splashes or sprays of body fluids.

When should a face mask be worn?

Consider wearing a face mask when you are sick with a cough or sneezing illness (with or without fever) and you expect to be around other people. The face mask will help protect them from catching your illness. Healthcare settings have specific rules for when people should wear face masks.

How to put on and remove a face mask

Always follow product instructions on use and storage of the mask, and procedures for how to put on and remove a mask. If instructions for putting on and removing the mask are not available, then follow the steps below.

How to put on a face mask

Clean your hands with soap and water or hand sanitizer before touching the mask.

Remove a mask from the box and make sure there are no obvious tears or holes in either side of the mask.

Determine which side of the mask is the top.

Determine which side of the mask is the front. The coloured side of the mask is usually the front and should face away from you, while the white side touches your face.

Face Mask with Ear loops: Hold the mask by the ear loops. Place a loop around each ear.

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

How to remove a face mask

Clean your hands with soap and water or hand sanitizer before touching the mask. Avoid touching the front of the mask.

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

Care Instructions

These face masks are hand and machine washable.

To keep them hygienic it is recommended to machine wash at 60°C with mild detergent after every use.

Dry well before the next use.