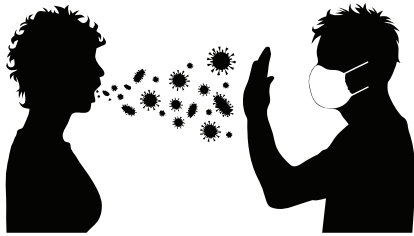


COVID-19 Tip #4

April 2020



Did you know?...the Coronavirus is transmitted through droplets that come out of the mouth when a sick person speaks or sneezes. The droplets can enter our body and infect us through the eyes, nose, mouth and ears! So, it is important to keep your face covered when you are around other people. It is also important to wash your hands before eating and before touching your face, nose, mouth, eyes or ears.

How To Use A Mask

Why use a face mask?

1. It will help to remind you to not touch your mouth, nose, eyes or ears. *The Coronavirus enters the body through these openings.*
2. It will remind those near you to keep their distance. (It is recommended that you keep 6 feet of distance from others.)
3. It will reduce the possibility of the virus entering your lungs.



How to safely use your face mask:

1. Wash your hands or use hand sanitizer for 20 seconds before you put on or remove your mask.
2. Touch your mask only from the sides, never touch the front.
3. Place your mask so it completely covers your nose and mouth.
 - If your mask has cords, adjust the cords tightly behind your head so that the mask fits the face and there are no openings on the sides.
 - If your mask has elastic, it is important to secure it around the ears.
4. Wear the mask when around others, even in the fields, bus, shared housing or stores.
5. When you remove your mask to eat, remove it from the sides, and place the outside of your mask face down on a clean napkin or clean piece of paper.
6. Wash your mask every night and leave to dry.

