



## We ask everyone to wear a mask:

- When walking through public areas on your way to dialysis
- When in common areas such as the waiting room or hallway
- When you are on dialysis and are not eating or drinking

Masks are recommended as a barrier to help prevent respiratory droplets from traveling into the air when the person wearing the mask coughs, sneezes, or talks. They are not recommended for people with difficulty breathing or who cannot remove the mask without help.

## Key points about masks

- Wash your hands before putting on a mask
- Do not touch the mask when you are wearing it
- Wear masks with two or more layers (preferably 3)
- Wear the mask over your nose and mouth and secure it under your chin
- If you wear glasses, use a mask that has a nose wire.



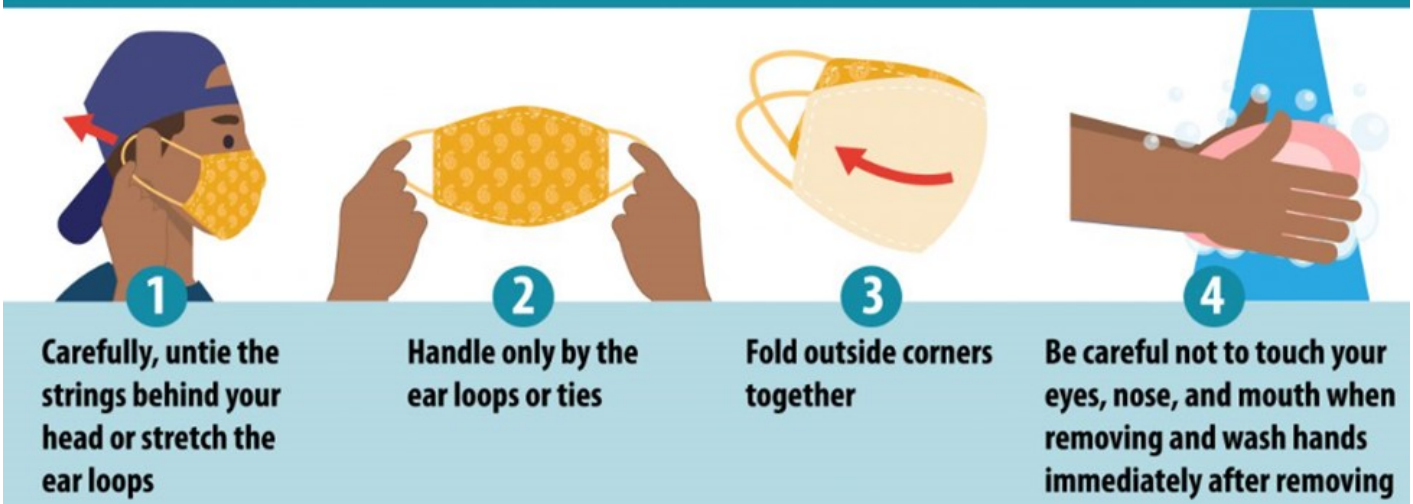
## How to wear a mask:



## How NOT to wear a mask



## How to take off a mask



## How to clean a mask

Masks should be washed regularly.

- Include your mask with your regular laundry
- Use regular laundry detergent and the warmest water setting for the cloth used to make the mask
- Use the highest heat setting and leave in the dryer



Poster credit: Fraser Health

Based on: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html> October 13, 2020