

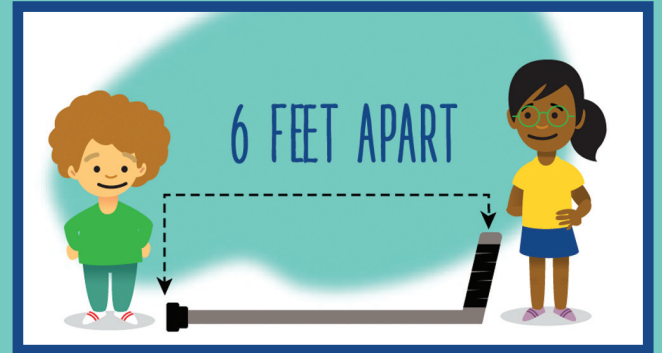
It's important in Manitoba that when we wear a mask

# WE WEAR IT WELL!

TO HELP REDUCE SPREADING COVID-19.



If you can't stay 6 feet apart – like a little longer than a hockey stick... you should wear a mask, and wear it correctly.



## HERE'S HOW:



**1** Have a clean bag or container for clean masks and another for your used masks; clearly label them.



**4** Put it over both your nose and mouth and attach behind your ears.



**2** Wash your hands with soap and water for 20 seconds or use an alcohol-based hand sanitizer.



**5** Check your mask to make sure it's snug with no gaps!



**3** Pick up your mask by the loops.



**6** Wash or sanitize your hands again.

## WHILE WEARING THE MASK, AVOID:



Touching the mask or your face.



Hanging it around your neck or from one ear.



Don't pull it down around your chin to talk.

## HELP PREVENT SPREADING COVID-19



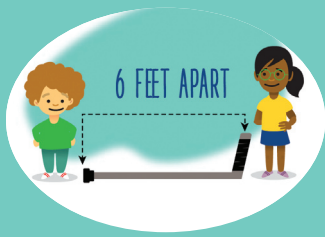
Stay home when you're sick.



Clean your hands often.



Cover your cough.



Practice physical distancing.

**Manitoba** 

[Manitoba.ca/COVID19](https://Manitoba.ca/COVID19)