



Behavioural  
Supports  
Ontario



St. Joseph's  
HEALTH CENTRE GUELPH

Serving with Compassion, Care and Courage



# WHY WEAR A MASK?

Luther Village Residents

July 27, 2020

**Kayla Brooks RN, MSc**

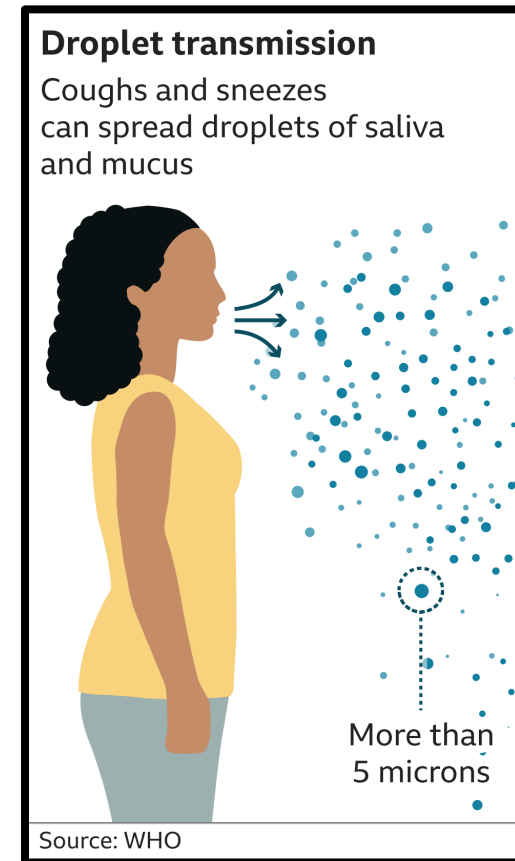
BSO Allied Health Clinician | NLOT Nurse Consultant



# COVID-19 Background

- COVID-19 is an illness that has affected people globally, and has made some individuals very sick
- COVID-19 is spread through respiratory droplets during close, unprotected contact

*When you're outside in the winter time, what happens to your breath?*



Behavioural  
Supports  
Ontario



St. Joseph's  
HEALTH CENTRE GUELPH

Serving with Compassion, Care and Courage





# Respiratory Droplets



Behavioural  
Supports  
Ontario



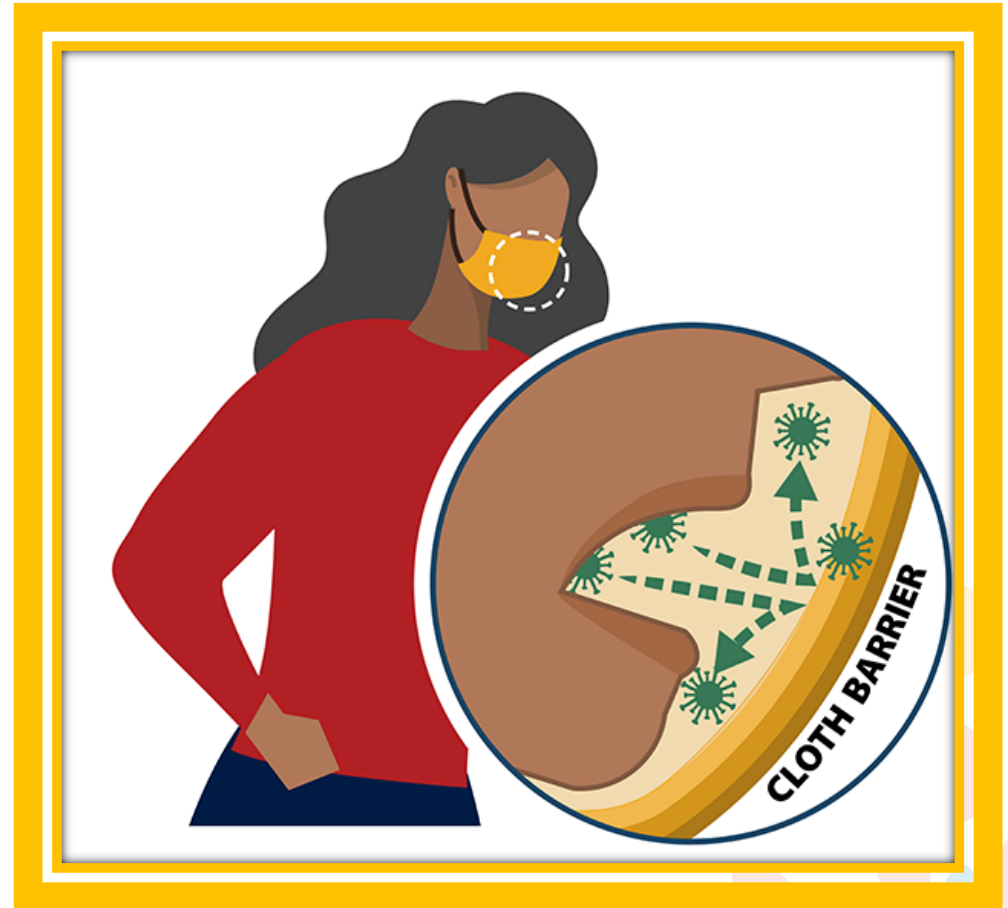
St. Joseph's  
HEALTH CENTRE GUELPH

Serving with Compassion, Care and Courage



# How Does Wearing a Mask Help?

- The mask acts as a barrier so that your respiratory droplets can not spread to others.
- If it is not possible to maintain a 2 meter distance, a mask helps prevent the spread of those potentially infectious droplets.



Behavioural  
Supports  
Ontario



St. Joseph's  
HEALTH CENTRE GUELPH

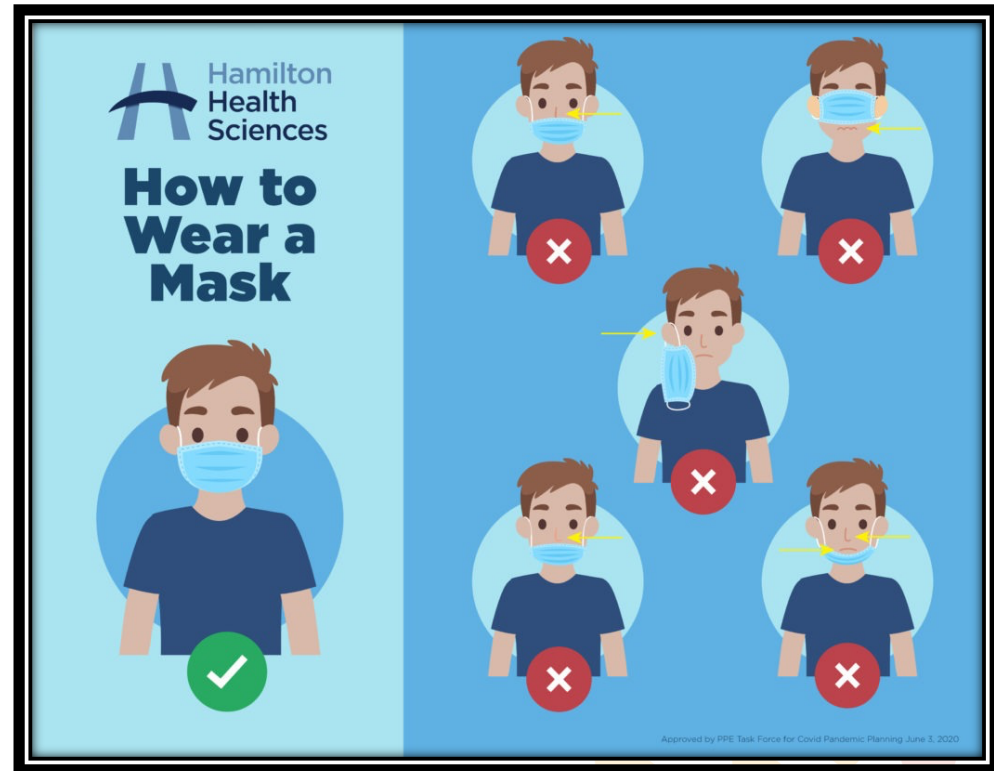
Serving with Compassion, Care and Courage





# How to wear a mask

- Inspect your mask for any damages, and ensure it is clean and dry
- **WASH YOUR HANDS** before putting the mask on
- Your mask should cover your nose and chin
- Your mask should **NEVER** be worn around your neck or forehead



Behavioural  
Supports  
Ontario



St. Joseph's  
HEALTH CENTRE GUELPH

Serving with Compassion, Care and Courage



# Important Tips While Wearing Your Mask



**DON'T** touch the mask while wearing it.



**DON'T** wear a loose mask.



**DON'T** remove the mask to talk to someone.



Clean your hands before removing the mask



Remove the mask by the straps behind the ears or head



Behavioural  
Supports  
Ontario



St. Joseph's  
HEALTH CENTRE GUELPH

Serving with Compassion, Care and Courage



# How to Maintain and Store Your Mask



**DO** replace and launder your mask whenever it becomes damp or dirty.



**DO** wash your mask with hot, soapy water and let it dry completely before wearing it again.



**DO** store reusable masks in a clean paper bag until you wear it again.



**DO** discard masks that cannot be washed in a plastic-lined garbage bin after use.



Behavioural  
Supports  
Ontario

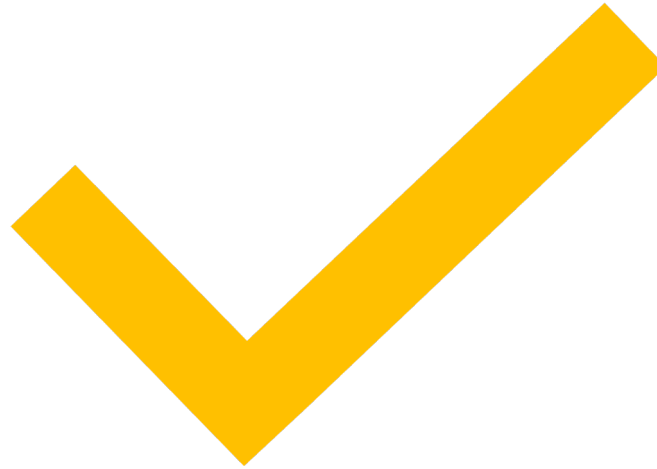


St. Joseph's  
HEALTH CENTRE GUELPH

Serving with Compassion, Care and Courage



# Let's Review



What are the steps of putting on and taking off your mask?



Behavioural  
Supports  
Ontario



St. Joseph's  
HEALTH CENTRE GUELPH

Serving with Compassion, Care and Courage



1



**DO** inspect the mask for tears or holes.

2



**DO** wash your hands or use alcohol-based hand sanitizer before and after touching the mask or face covering.

3



**DO** use the ear loops or ties to put on and remove the mask.

4



**DO** ensure your nose and mouth are fully covered.

# PUTTING ON YOUR MASK



Behavioural  
Supports  
Ontario



St. Joseph's  
HEALTH CENTRE GUELPH

Serving with Compassion, Care and Courage



Waterloo Wellington LHM  
LTC Nurse-Led Outreach

1



**DO** wash your hands or use alcohol-based hand sanitizer before and after touching the mask or face covering.

2



**DO** use the ear loops or ties to put on and remove the mask.

3



**DO** store reusable masks in a clean paper bag until you wear it again.



**DO** discard masks that cannot be washed in a plastic-lined garbage bin after use.

4



**DO** wash your hands or use alcohol-based hand sanitizer before and after touching the mask or face covering.

# TAKING OFF YOUR MASK



St. Joseph's  
HEALTH CENTRE GUELPH

Serving with Compassion, Care and Courage



Behavioural  
Supports  
Ontario





# Any Questions?



Behavioural  
Supports  
Ontario



St. Joseph's  
HEALTH CENTRE GUELPH

Serving with Compassion, Care and Courage



# References

- Centers for Disease Control. (2020) *Considerations for wearing cloth face coverings*. Retrieved from: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html>
- Hamilton Health Sciences. (2020). *How to Wear a Mask*. Retrieved from: <https://www.hamiltonhealthsciences.ca/share/how-to-wear-a-mask/>
- Public Health Agency of Canada. (2020). *How to safely use a non-medical mask or face covering*. Retrieved from: <https://www.canada.ca/content/dam/hc-sc/documents/services/publications/diseases-and-conditions/covid-19-safely-use-non-medical-mask-face-covering/covid-19-safely-use-non-medical-mask-face-covering-en.pdf>
- Public Health Ontario A. (2020). *COVID-19 - What We Know So Far About... Routes of Transmission*. Retrieved from: <https://www.publichealthontario.ca/-/media/documents/ncov/wwksf-routes-transmission-mar-06-2020.pdf?la=en>
- Public Health Ontario B. (2020). *COVID-19 - What We Know So Far About... Wearing Masks in Public*. Retrieved from: <https://www.publichealthontario.ca/-/media/documents/ncov/covid-wwksf/what-we-know-public-masks-apr-7-2020.pdf?la=en>
- Public Health Ontario C. (2020). *When and How to Wear a Mask Recommendations for the General Public*. Retrieved from: <https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-how-to-wear-mask.pdf?la=en>
- Public Health Ontario D. (2020). *Mask Use for Non-Healthcare Workers*. Retrieved from: <https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/2020/05/factsheet-covid-19-masks-not-healthcare.pdf?la=en>



Behavioural  
Supports  
Ontario



St. Joseph's

HEALTH CENTRE GUELPH

Serving with Compassion, Care and Courage

