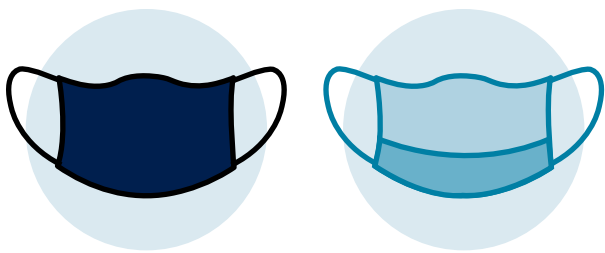


# YOUR NON-MEDICAL CLOTH MASK

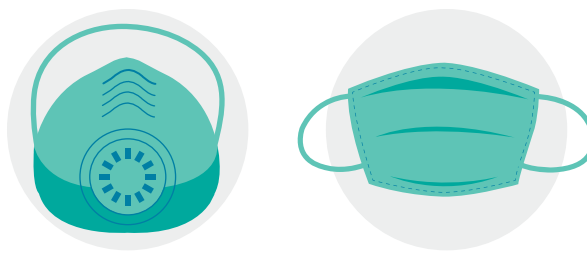
Wearing face masks is required in all indoor University spaces (including University-owned and leased spaces), whether restricted-access or open to the public. More information can be found by visiting [utoronto.ca/utogether](https://utoronto.ca/utogether), or by referring to the U of T Policy on Face Masks, the Joint Provostial and Human Resources Guideline on Face Masks, and Chapter 6 of the COVID-19 General Workplace Guideline.

## Non-Medical Cloth Masks



Includes **homemade, store-bought cloth** and **non-medical type** masks.

## Medical Masks



Includes **N95 masks** and **surgical masks**. Learn more on how to wear and care for medical masks at [ehs.utoronto.ca/covid-19-information](https://ehs.utoronto.ca/covid-19-information).

The steps below are for **non-medical cloth masks only**.

## Putting On Your Cloth Mask



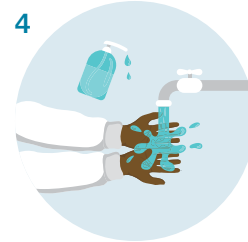
1 Wash hands using soap and water or an alcohol-based hand sanitizer.



2 Ensure the branded side of the mask is facing outwards. Place the mask over your mouth and nose snugly, and below the chin.

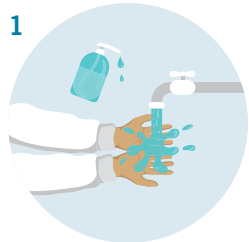


3 Fasten the mask loops securely around your ears. Adjust the nose piece.



4 Continue to wash your hands with soap and water or use alcohol-based hand sanitizer often, especially if you accidentally touch your mask.

## Removing Your Cloth Mask



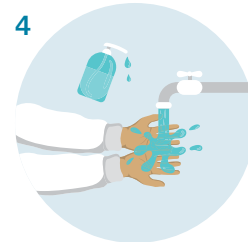
1 Wash hands using soap and water or an alcohol-based hand sanitizer.



2 Remove the mask by the ear loops without touching the outside of the mask, your eyes, nose and mouth.



3 Put the mask directly in the laundry or a lined bin to be cleaned. If you are not at home, place it in a clean plastic bag until you are able to wash the mask. Do not put it in your pocket.



4 Continue to wash your hands with soap and water or use alcohol-based hand sanitizer often.

## Cloth Mask Safety

- ✓ Keep hair and hands away from your face and avoid readjusting your mask.
- ✓ Hold the mask by its ear loops to avoid touching the front of the mask.
- ✓ Change your mask as soon as it gets damp, dirty or if you remove it due to breathability, comfort, and/or safety issues.
- ✓ Clean any surfaces that a dirty mask touches.

- ✗ Don't leave your mask around your neck, hanging from your ear, or on your forehead.
- ✗ Don't share non-medical cloth masks.
- ✗ Don't use the mask if it is damp or dirty.
- ✗ Don't use the mask if it impairs your vision or interferes with tasks. Discuss with your supervisor or academic lead if you plan to wear the mask in the presence of hazardous, combustible/flammable chemicals and ignitions sources.

