

# Why wear a mask or face covering?



Some provinces have already made wearing masks mandatory, while others are seriously considering it. The premise for adding this precaution to those already in place is to greatly reduce the spread of COVID-19.

## But why wear one?



Not everyone infected with COVID-19 is symptomatic. This means that some people will have COVID-19 without ever realizing it. Therefore, wearing a mask could reduce the spreading of COVID-19. Since employee safety and security is paramount at SSQ Insurance, we want to take this opportunity to give you some advice on how to use and care for your mask.

A mask serves as a barrier between the person wearing it and potentially contaminated biological substances. Its level of effectiveness depends on several factors.



Read all  
about it here!

## **Maximum effectiveness**

1. Wash your hands before putting on your mask.
2. Place the mask over your nose and mouth with one hand. With the other, wrap the bands around your ears.
3. Adjust your mask over your nose and under your chin.
4. Wash your hands after putting on the mask.
5. Never let your mask hang around your neck or dangle off one ear. Keep it on your face and avoid touching it. If you touch your mask while wearing it, wash your hands.
6. Remove the mask using the bands only (don't touch the front).

## **Care instructions**

1. Wash your mask before using it.
2. Remove the mask when it becomes damp, damaged or soiled by blood or other fluids.
3. Clean your mask after every use as follows.
4. Soak it in hot water for at least one hour.
5. Scrub it with hot water and soap for at least 20 seconds.
6. Machine wash on the delicate cycle with hot water and detergent.
7. Make sure your mask is completely dry before wearing it again.

## **Warning**

### **A mask does not replace:**

- Handwashing
- Physical distancing (2 metres)
- Confinement when you are sick

## **Being comfortable**

Finally, if you find wearing a mask to be uncomfortable, acclimate yourself by wearing one around the house for short periods at a time. Once you get used to it, you will be able to wear one when you go out. Don't be afraid to try different masks. It's the best way to find the one that fits best!