Infection Prevention and Control
Masking Guidelines
Recommendations for Bruyère Staff

How to wear your mask:

- Before putting on your mask, clean your hands for at least 20 seconds with soap and water or alcohol-based hand sanitizer.

- Secure the elastic loops of the mask around your ears. If your mask has strings, tie them securely behind your head.

- Cover your mouth and nose with the mask and make sure there are no gaps between your face and the mask.

- Do not touch the front of the mask while you wear it. Clean your hands for at least 20 seconds with soap and water or alcohol-based hand sanitizer if you accidentally touch your mask.

- Continue with physical distancing.

How to throw away your mask:

- Do not touch the front of your mask to remove it.

- Remove the elastic loops of the mask from around your ears or untie the strings from behind your head.

- Hold only the loops or strings and place the mask in the collection bins available at the building exits (near screening stations).

- Use alcohol-based hand sanitizer after you have discarded your mask.

How to remove your mask when on breaks/eating:

- Do not touch the front of your mask to remove it.

- Remove the elastic loops of the mask from around your ears or untie the strings from behind your head.

- Depending on the type of masks, the front side can be folded together before storing or it can be placed on a clean paper towel when removed for breaks/eating.

- Continue with physical distancing.

Bruyère