I wear a mask when I have
a cough and fever

WHEN?

You should wear a mask if you have a cough and fever.

Cough and fever are the most common symptoms caused by respiratory infections such as colds, flu, and pneumonia. When you have a respiratory infection, you can contaminate the people around you with droplets that are sprayed into the air when you cough or sneeze. Wearing a mask prevents the droplets from spreading.

WHERE?

You should wear a mask in emergency rooms, in waiting rooms in medical clinics, and in any others health-care institution. Masks are generally made available in such places.

Santé
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How to
put on mask

THE MASK MUST COVER YOUR NOSE AND MOUTH

1 lace the mask over your mouth and nose with the flexible nosepiece upwards.

2 Shape the flexible nosepiece to the bridge of your nose.

3 Position the bottom edge under your chin.

- Wear a mask as long as you are in the institution.
- Change your mask if it becomes damp.
- Dispose of soiled masks in the trash.
- Wash your hands.

HEALTH TIPS

- Wash your hands after coughing or blowing your nose.
- Use tissues.
- Dispose of soiled tissues in the trash.
- Refrain from sharing items that you put in your mouth (glasses, straws, ustensils, etc.).
- Avoid visiting your family and friends if you are ill.
- Get a flu shot every year.

PROTECT THE HEALTH OF OTHERS! WEAR A MASK.

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