

April 16, 2020

## 7 Key Points on the Use of Non-Medical Face Masks

In this challenging time of COVID-19, are you confused about face masks and their value? Do you have questions about using a face mask if you need to go out for a medical appointment or need to have a face-to-face conversation with someone with whom you do not share a home?

Here are 7 KEY POINTS made by Medical Officers:

- Wearing a non-medical mask will not prevent you from getting sick because you can still breathe in droplets from other people. However, it is another way of covering your mouth and nose to prevent YOUR respiratory droplets from contaminating others or landing on surfaces.
- A homemade mask does not replace public health measures that are proven to be effective. The best way to prevent the spread of COVID-19 is to continue to:
  - stay home as much as possible;
  - practise physical distancing of at least 6 feet or 2 meters;
  - wash your hands for at least 20 seconds with soap and water; and
  - cover your cough or sneezes with tissues or your sleeve.
- Medical face masks must be preserved for health-care workers.
- Wearing a non-medical face mask does NOT give you protection from getting sick.. In fact, touching your face including your eyes, nose and mouth with your hands to adjust or remove your face mask, could actually spread the virus if your hands are not clean.
- A person can be infected and spread the virus without any symptoms. Therefore, you shouldn't go out of your home any more often with a mask than you did without one.
- Do not share the mask with others.
- Ensure your mask is well-fitting (non-gaping). After you wear the mask, carefully remove it AT HOME without touching the outside of the mask. Grasp the straps and remove it. Wash it with soap and water before using it again.

For further information, check out the Government of Saskatchewan COVID-19 link on Guidance on Homemade Masks (click [here](#)) and the Public Health Agency of Canada website on Use of Non-medical Masks (click [here](#)). Dr. Shahab, Chief Medical Officer for Saskatchewan, is a member of the National Chief Medical Officers of Health who issued the statement on mask-wearing found on the Public Health Agency of Canada website.

### ***Message from Minister Warren Kaeding – Minister Responsible for Seniors***

I commend SSM and its member groups on their efforts to keep seniors informed of available community supports. I would also encourage seniors – and all Saskatchewan residents – to stay apprised of developments related to the COVID-19 pandemic in our province, and to seek help, if required.

Click on the two sites below for up-to-date Canadian information.  
[GOVERNMENT OF SASKATCHEWAN](#)      [GOVERNMENT OF CANADA](#)

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