

Different Types of Face Coverings

Combined with hand hygiene and other preventative measures, you can protect yourself and others

Physical distancing, or standing at least 2 meters away from others, is the best way to protect yourself and others from respiratory virus. Sometimes physical distancing isn't possible. For situations where you need to work shoulder to shoulder with someone, wear a mask!

Proper use is important - Masks do NOT replace physical distancing

Reusable Face Coverings

Non-medical masks, such as homemade cloth masks, have not been proven to protect the person wearing it. However, they may be helpful in protecting others around you by reducing the spread of droplets that come out of your mouth. **Additional PPE items such as gloves, gown and eye protection are not required when wearing a non-medical mask or face covering.**



Medical Masks

Medical masks provide a barrier to splashes, saliva, or spit, droplets **when used in conjunction with other PPE items such as eye protection, gown, and gloves.** They do not fit tightly against the face. **These PPE options are only required for people performing work within 2 meters of an individual who is sick or isolating (e.g. providing first aid or other patient care).**



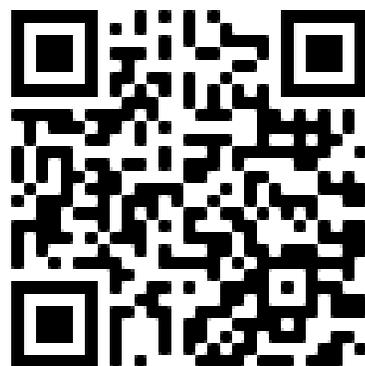
Respirator (e.g. N95 mask, cartridge respirator) (PPE)

These are masks that filter out particulates or other contaminants in the air. These are tested and certified by recognized certification agencies and other authorities. These masks provide a tight seal to the wearer's face and must be fit tested to ensure that seal is adequate. They are generally only required during specific, high-risk medical procedures and lab activities where the wearer is exposed to chemicals/dust or droplet/airborne viruses and bacteria.



Please remember, a reusable face covering is not considered PPE!

To learn more visit our FAQ page below



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Protect yourself and others, do your part!
[ucalgary/covid-19](https://ucalgary.ca/covid-19)