The use of facemasks

If you are sick

- If you are sick and experiencing symptoms such as coughing or sneezing, wearing a facemask can help prevent the spread of germs and viruses.
- This is why people who are experiencing cough or respiratory symptoms are provided with a mask to wear when visiting a health facility, including an urgent care centre or emergency department.

If you are healthy

- If you are healthy, it is not clear there is any significant benefit to wearing a mask to prevent COVID-19 in the community.
- However, good hand hygiene will provide significant protection from viral respiratory illnesses.

Remember to:

- Wash your hands often with soap and warm water for at least 15 seconds, or use an alcohol-based hand cleanser.
- Cover your mouth and nose with a tissue when you cough or sneeze, or cough or sneeze into your sleeve.
- Avoid touching your eyes, nose or mouth.
- Visit manitoba.ca/covid19 for more information on how you can reduce your risk of infection from COVID-19.