# STOP

COVID-19
NOVEL CORONAVIRUS

Wearing a mask is important to stop the spread of COVID-19. Wear a mask whenever you are indoors in a public space, or when physical distancing is difficult.

COVID-19 spreads through close contact with an infected person's spit. Spit can spread by sneezing, coughing, singing or talking.

You can reduce the spread of your spit by properly wearing a mask.
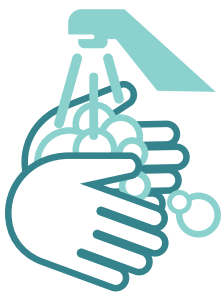
Steps on how to wear a mask:
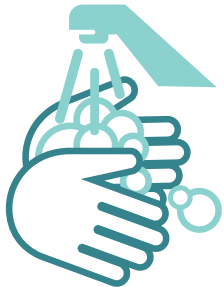
1. Wash your hands for 15 seconds.

2. Put the mask over your nose and mouth. Put the straps around your ears.

3. Make sure the mask covers your nose and mouth.

4. Wash your hands again for 15 seconds.

5. Try not to touch your mask while wearing it. If you do, wash your hands again.
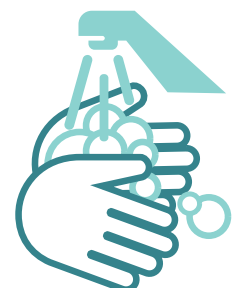
6. When you're done using the mask, take it off by using the straps.

7. Place the dirty mask in a bag to clean later. If it is a single-use mask, throw it out.

8. Change your mask if it is dirty, wet or damaged.

9. Wash your hands when you are done using the mask.

Manitoba