

Does your mask fit properly?

The way your mask fits can help prevent you and others from being exposed to COVID-19.

- Choose a mask made of multiple layers, including at least 2 layers of tightly woven fabric and a third middle layer of filter-type fabric.
- Before touching your mask, wash your hands with soap and water for at least 20 seconds. If soap and water aren't available, use a hand sanitizer containing at least 60% alcohol.

1. Make sure your mask completely covers your nose, mouth and chin.



2. Check for gaps between your face and your mask.

Check the top, sides and bottom of your mask.



Check the edges of your mask for air leaks and adjust if necessary.



3. Improve mask fit so it's snug and has no gaps.

Adjust the ties or ear loops.



Adjust the wire nosepiece if your mask has one.



Other ways to improve mask fit are as follows:

Consider keeping facial hair shaved or short. This allows the mask to fit more closely to your face.



Tie knots in the ear loops and tuck in the sides of the mask so that it lies flat.



Use a mask fitter or brace to help provide a snug fit.



Layer a well-fitting non-medical cloth mask over a disposable mask to help push the edges of the disposable mask closer to your face. Make sure that you can still breathe easily when wearing 2 masks.



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