

York University Mask Information Sheet

November 2022



Mask Information Sheet

IMPORTANT: Disposable masks, including surgical, procedural, and N95/KN95 masks are typically single use, but [may be reused](#) until visibly dirty, damp or damaged. Please follow the manufacturer's instructions for use and disposal. Non-medical masks, including cloth masks, are not a replacement for required personal protective equipment (PPE).

Wearing a well-fitted mask is one of many measures to protect ourselves and others. As per the [Public Health Agency of Canada](#), while non-medical masks can help prevent COVID-19 spread, medical masks and respirators provide better protection. For more information about different types of masks, see Public Health Agency of Canada's [COVID-19 mask use: Types of masks and respirators poster](#).

Non-medical masks (e.g. cloth masks) are not classified as personal protective equipment (PPE). If a respirator (e.g., N95) is required for a specific job hazard, they are considered to be PPE and, as such, fit testing and other Respirator Program requirements should be followed.

Wearing a mask, in addition to getting vaccinated, physical distancing where possible or reasonable, and other [public health measures](#), can reduce the spread of COVID-19. Please continue to follow applicable public health measures and York COVID-19 protocols, such as not coming to campus if feeling unwell, and properly washing your hands often.

Wearing a mask is a way of covering your mouth, nose and chin to prevent your respiratory droplets or aerosols from contaminating others or landing on surfaces. A mask can protect you and any others by containing respiratory droplets or aerosols that can spread the virus.

Masks may still be required in certain situations, as per [public health requirements](#). Please continue to review applicable public health guidance for the most current information regarding masking.

Check your mask to ensure it is in good condition prior to use:

- Inspect it for fraying and holes – there should not be any of these.
- Ensure it is clean and dry.

Do not wear any mask that is frayed, has holes, is wet or dirty.

When using a mask, choose one that is high quality and fits well

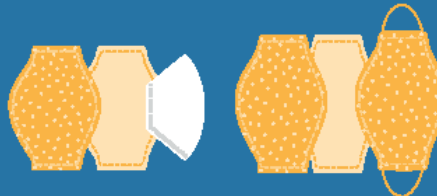


Snug fit, breathable & comfortable

A medical mask or respirator will give better protection



Cloth masks of at least 3 layers of tightly woven fabric, or 2 layers with a filter



Change it when it gets wet or dirty

Wear a mask where required. Masks are encouraged especially if you are at higher risk of COVID-19 or in a crowded indoor space with poor ventilation.

[TORONTO.CA/COVID19](https://toronto.ca/covid19)

 **TORONTO** Public Health

How to make your mask fit properly:

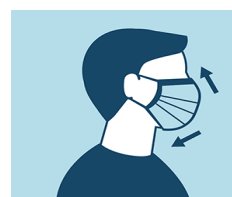
- Properly wash or sanitize your hands immediately before putting the mask on, and practice good hand hygiene while wearing it.
- Make sure your mask completely covers your mouth, nose and chin.
- Check for gaps between the mask and your face and adjust to improve fit and ensure there are no gaps.

Ways to improve fit:

- Tie knots in ear loops.
- Tuck in sides of mask so that it lies flat against your face.
- Use a mask fitter or brace to help improve 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.

Note: The mask should not impair vision or breathing, or interfere with tasks.

- **Reusable cloth masks:** Often, the inner part of the cloth mask can be distinguished by the observable stitching close to the elastic bands and is a different colour from the outer part. It should fit well (non-gaping).



How to safely remove (or “doff”) a disposable or reusable mask:

- Wash or sanitize your hands, be careful not to touch your eyes, nose, and/or mouth when removing your mask.
- Gently remove by the elastic loops in a downward direction. Wash or sanitize your hands properly right after taking it off.

Care for your mask:

- Change your mask as soon as it gets damp or soiled.
- To wash **reusable** cloth masks, put them directly into the washing machine or into a disposable bag that can be emptied into the washing machine.
- **Reusable** cloth masks may be laundered with other items using a hot cycle, and then dried thoroughly.
- Discard **disposable** masks that cannot be washed, in a plastic-lined garbage bin after use. Kindly do not dispose of used masks in the blue recycle bins.

Warnings:

A mask should not be placed on or used by:

- Children under two years of age;
- Persons with an underlying medical condition which inhibits their ability to wear a mask or face covering;
- Persons who are unable to place or remove a mask without assistance; and
- Persons who require accommodation in accordance with the Ontario Human Rights Code that precludes the wearing of a mask

References:

- [Public Health Ontario Optimizing Masks against COVID-19](#)
- [Public Health Ontario: COVID-19: Personal Protective Equipment \(PPE\) and Non-Medical Masks in Congregate Living Settings](#)
- Public Health Agency of Canada: [COVID-19 mask use: Advice for community settings](#)
- Public Health Agency of Canada: [COVID-19 mask use: Types of masks and respirators](#)
- Public Health Agency of Canada: [COVID-19 mask use: How to make your mask fit properly](#)