



If I wear a mask, am I protected and do not need to physical distance, hand wash, etc.?

- Wearing a mask is **not a replacement** for physical distancing, hand and cough hygiene. Those with symptoms of COVID-19 are to remain in self-isolation.

Why do I need to wear a mask?

- Wearing a mask is **not harmful**.
- Wearing a mask **protects**:
 - **you** from COVID-19.
 - **those around you** by preventing your droplets from your mouth and nose from potentially affecting others.

What are medical reasons for which I should not wear a mask?

- There are **very few medical reasons why people should not wear a mask** including being unconscious, incapacitated or unable to remove a mask without help.

If I have a chronic lung condition, should I be exempt from wearing a mask?

- No, you are **not exempt** from wearing a mask.
- Data does not support that those with chronic lung conditions are harmed by wearing a mask.
- If you have a chronic lung condition, you may be at higher risk for complications should you become infected with COVID-19.

What are my options if I or my child choose not to wear a mask?

- You should **avoid all indoor public spaces**.
- Consider other ways of meeting your essential needs such as grocery delivery or curbside pickup of items.

What are my options if I or my child is having difficulty wearing a mask?

- Try different mask designs – some will fit you better than others. Try to find one that works for you.
- If possible, make a mask that is more comfortable for you to wear.
- If you have a condition that makes it hard for you to wear a mask, contact your health care provider to see if your condition can be better managed so that you can wear a mask more comfortably.

Resource: <https://masks4canada.org/how-to-properly-make-buy-and-use-a-mask/> has ideas for how to choose a mask, how to make a mask and how to put on or take off a mask.

What are my risks of not wearing a mask?

- You will be at **risk for getting COVID-19 virus** and complications, such as being admitted to hospital, needing oxygen, being in an intensive care unit and even dying.
- You are **more likely to spread COVID-19** to others such as your family members, friends and loved ones should you become infected with the virus.

Can I still seek medical care if I do not wear a mask?

- Yes, you can seek medical care whenever you need it.