

# SHOULD I WEAR A CLOTH MASK?

- ✓ It will protect others from your germs
- ✓ When going out for groceries and essentials, the mask may offer some protection when you cannot keep 6 feet or 2 metres from others
- ✓ You can make your own mask with materials you already have



- ✗ You may touch your face to adjust the mask, contaminating your hands
- ✗ You may get a false sense of security and not keep 6 feet or 2 metres of distance
- ✗ You may think it is safe to go out for non-essential trips, but it isn't

Do not use medical masks as they are needed by health care workers.  
#FlattenTheCurve, keep 6 feet or 2 metres apart & wash hands often.



# Lambton Public Health

Learn more at:  
[LambtonPublicHealth.ca](https://LambtonPublicHealth.ca)