

## NON-MEDICAL FACE MASK



The use of a non-medical mask or facial covering can be an additional measure you can take to protect others around you. Wearing a non-medical mask (e.g., homemade cloth mask) in the community has not been proven to protect the person wearing it.

For short periods of time when physical distancing is not possible in public settings (e.g., grocery shopping, public transit, etc), wearing a non-medical mask is one way to protect those around you. Wash your mask before each use.



Wearing a non-medical **mask is not** a replacement for proven measures such as hand washing and physical distancing.

Non-medical masks should be well-fitted (non-gaping). Masks can become contaminated on the outside or when touched by hands. Avoid moving the mask around or adjusting it often. Do not share your mask with others.



The use of non-medical masks (e.g., homemade cloth masks) by asymptomatic people in the community may reduce the touching of the nose or mouth with contaminated hands, although one needs to take care to not touch the face as the mask is adjusted or when pulled on and off.

For more information, visit Government of New Brunswick website:  
[https://www2.gnb.ca/content/gnb/en/departments/ocmoh/cdc/content/respiratory\\_diseases/es/coronavirus/protect-yourself-and-others.html](https://www2.gnb.ca/content/gnb/en/departments/ocmoh/cdc/content/respiratory_diseases/es/coronavirus/protect-yourself-and-others.html)

**Stay safe and healthy!**

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Kinyarwanda

## Udupfukamunwa tutagenewe ubuvuzi



Gukoresha udupfukamunwa tutagenewe ubuvuzi cyangwa ubundi buryo bwo gupfuka isura bishobora kuba ingamba y'inyongera wafata mu kurinda abagukikije. Kwambara udupfukamunwa tutagenewe ubuvuzi (urugero: dukozwe mu myenda kandi twakorewe mu rugo) muri rubanda ntabwo byemejwe ko karinda ukambaye.

Iyo guhana umwanya hagati y'abantu bidashoboka nkahahirira abantu benshi mu gihe gito (urugero: amahahiro, ingendo rusange n'ahandi) kwambara agapfukamunwa katagenewe ubuvuzi ni bumwe mu buryo bwo kurinda abagukikije. Ugomba kumesa agapfukamunwa mbere yo kugakoresha.



Kwambara agapfukamunwa katagenewe ubuvuzi ntabwo bisimbura ingamba/uburyo bwemejwe bwo kwirinda ubwandu nko gukaraba ibiganza no kutegerana.

Agapfukamunwa katagenewe ubuvuzi kagomba kuba gafashe neza (nta mwanya gasize). Agapfukamunwa gashobora kwanduzwa ku gice cy'inyuma cyangwa se ugakozeho n'intoki. Wirinde kukimurira hirya no hino cyangwa kugatanganya neza ku munwa inshuro nyinshi. Ntukagatizanye n'abandi.



Ikoreshwa ry'agapfukamunwa katagenewe ubuvuzi (urugero: ki myenda kakorewe mu rugo) ku bantu bataragaragaza ibimenyetso muri rubanda bishobora kugabanya gukora ku zuru cyangwa ku munwa n'intoki zanduye. Ariko kandi buri muntu akeneye kwirinda kwikora mu maso mu gihe ari gushyira neza agapfukamunwa ku munwa cyangwa igihe akambara cyangwa se agakuramo.

Nimba ukeneye ibisobanuro birambuye, sura urubuga rwa guverinoma ya New Brunswick:  
[https://www2.gnb.ca/content/gnb/en/departments/ocmoh/cdc/content/respiratory\\_diseases/es/coronavirus/protect-yourself-and-others.html](https://www2.gnb.ca/content/gnb/en/departments/ocmoh/cdc/content/respiratory_diseases/es/coronavirus/protect-yourself-and-others.html)

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