

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/coronavirus/protect-yourself-and-others.html

Stay safe and healthy!

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Somali

Maaskalaatigawejjigaeanaheynmidkabahdacaafimaadka

Isticmaalka maaskalaatiga wejiga ee aan aheyn midka bahda caafimaadka, ama wejiga lagu daboolo wuxuu kuu noqon karaa cabiro dheeraad ah oo aad qaadi karto si aad u illaa liso dadka kale ee kugu xeeran. Xirashada maaskalaatiga aan bahda caafimaadka aheyn (Tusaale., maaskalaatiga dharka ah ee guriga lagu sameeyey) bulshada dhexdeeda weli lama cadeynin in uu qofka xiran uu illaalinayo.

Mudooyinka gaaban taasoo kalla fogaanshaha bulshada uu san aheyn mid macquul ah (Tusaale., dukaameysiga, gaadiidka dad weynaha, iwm) xirashada maaskalaatiga aan bahda caafimaadka aheyn waa wado aad ku illaalin kartid dadka kugu xeeran. Dhaq maaskalaatigaada ka hor isticmaal kasta.



Xirashada maaskalaatiga aan bahda caafimaadka aheyn ma aha bedelka cabirada la cadeeyey sida gacmo dhaqa iyo kalla fogaanshaha.

Maaskalaatiga aan bahda caafimaadka aheyn waa in uu sifiican qofka ulla eg yahay (uusan ku dheygagin). Maaskalaatooyin ka wey fadarooobi karaan marka banaanka loola baxo ama lagu taabto gacmaha. Ka fogow in aad maaskalaatiga hadma meel u dhaqaajiso ama markasta aad hagaajiso. Ha la wadaagin maaskalaatigaada dad kale.



Isticmaalka maaskalaatiga aan bahda caafimaadka aheyn (Tusaale., maaskalaatiga dharka ah ee guriga lagu sameeyey) caadiyan dadka waxey ka yareysaa in ay taabtaan sankooda ama afkooda ayna ku taabtaan gamco fadareysan, inkastoo qofkasta laga rabo in uu ka taxadiro taabashada wejiga maadaama maaskalaatiga la hagaajiyey ama marka lagashanayo ama la iska saarayo.

Wixii akhbaar dheeri ah, booqo shabakada Dowlada ee Niyuu Baraaniswiik:
https://www2.gnb.ca/content/gnb/en/departments/ocmoh/cdc/content/respiratory_diseases/coronavirus/protect-yourself-and-others.html

Ku sugnow bedbaado iyo caafimaad qab!

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