

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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Swahili

MASKS ZISIZO ZA MATIBABU



Matumizi ya kofia isiyo ya matibabu au kifuniko cha usoni inaweza kuwa hatua ya ziada unaweza kuchukua ili kulinda wengine karibu na wewe. Kuvaa kofia isiyo ya matibabu (k.m. Kofia ya vitambaa vya nyumbani) kwenye jamii haijathibitishwa kumlinda mtu aliyevaa.

Kwa vipindi vifupi vya wakati ambapo umbali wa mwili hauwezekani katika mipangilio ya umma (k.m. Osha mask yako kabla ya kila matumizi).



Kuvaa mask isiyo ya matibabu sio ubadilishaji wa hatua zilizothibitishwa kama vile kunawa mikono na umbali wa mwili.

Masks zisizo za matibabu zinapaswa kuwekwa vizuri (zisizo na pengo). Masks inaweza kuchafuliwa nje au inapoguswa na mikono. Epuka kusonga maski karibu au kurekebisha mara nyingi. Usishiriki mask yako na wengine.



Matumizi ya vinyago visivyo vya matibabu (mfano, vifuniko vya mikono) na watu wa asymptomatic kwenye jamii inaweza kupunguza kugusa kwa pua au mdomo na mikono iliyochafuliwa, ingawa mtu anahitaji kutunza usiguse uso kama mask inarekebishwa au wakati vunjwa na mbali.

Kwa habari zaidi tembelea Serikali ya Tovuti ya New Brunswick:

https://www2.gnb.ca/content/gnb/en/departments/ocmoh/cdc/content/respiratory_diseases/coronavirus/protect-yourself-and-others.html

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