

I wear a mask because...

Public Health Sudbury & Districts continues to **strongly recommend the use of well-fitted masks** in indoor public settings to protect against COVID-19 infection. The use of masks is particularly important in crowded indoor spaces and especially if you have higher personal health risks or if your close circle includes those who are vulnerable to severe infection.

I want to protect those around me.

What does a mask do?

A mask acts as a barrier. It reduces your risk of spreading and getting COVID-19. A well-fitted mask can protect others from COVID-19 droplets you may spread and prevents you from breathing in infectious respiratory droplets from others.

Wearing a mask, along with other public health measures such as vaccination, hand washing, physical distancing, and staying home when ill, can stop the spread of COVID-19.

Reasons why someone wears a mask

Everyone is experiencing the pandemic differently and may have different comfort levels when it comes to personal protective measures such as wearing a mask.

There are many reasons why someone **may choose** to wear a mask. Here are some examples:

- They are at higher risk of being very sick.
- They want to protect others such as close friends, family members and other students in their class.
- They feel more comfortable in doing so.

Mask wearing is required for a total of 10 days after symptom onset, even if self-isolation is complete, in all public settings.

There are some reasons when someone **is required** to wear a well-fitted mask. Here are some examples:

- They were recently in close contact with someone who has COVID-19 and are required to wear a well-fitted mask for 10 days after exposure.
- They live with someone who has COVID-19 and they do not need to self-isolate.

I was in close contact with someone who has COVID-19.



- They have finished their self-isolation period, their symptoms are getting better, and they are required to wear a well-fitted mask for 10 days after their symptoms started or after their positive test result.
- They travelled outside of Canada within the last 14 days.




Wearing a mask makes me feel more comfortable.

Be kind

We ask all students, staff, and families to be respectful of the decisions of others to continue wearing or not wearing a mask and think of our words and actions.

Instead of saying this...

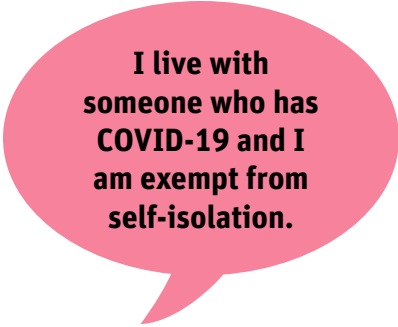
- Let's celebrate that we don't have to wear masks.
- I love seeing everyone's face again.
- Why are you still wearing a mask?
- I can't hear you clearly, just take off your mask?
- Why are you wearing a mask? Do you have COVID?



I recently travelled out of the country.

Think about this instead...

- Wearing a mask is a personal choice, and sometimes it is required to wear one.
- We need to be kind and respectful of everyone's choice, there are many reasons why someone would wear a mask.



I live with someone who has COVID-19 and I am exempt from self-isolation.

As you make your own personal choice about wearing a mask, reflect on the reasons why someone would wear a mask. There may be a time where you will need to wear one, or you may have already decided to continue to wear one. Ask yourself how would you feel if someone questioned your choice on wearing or not wearing a mask? Respect and kindness have brought us this far, and they will continue to serve us well as we move forward.

Ce document est disponible en français

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