

I wear a mask because...



**Wearing a
mask makes
me feel more
comfortable.**

There are many reasons to wear a mask. Be kind.

Public Health Sudbury & Districts continues to strongly recommend the use of well-fitted masks.

Ce document est disponible en français

March 2022

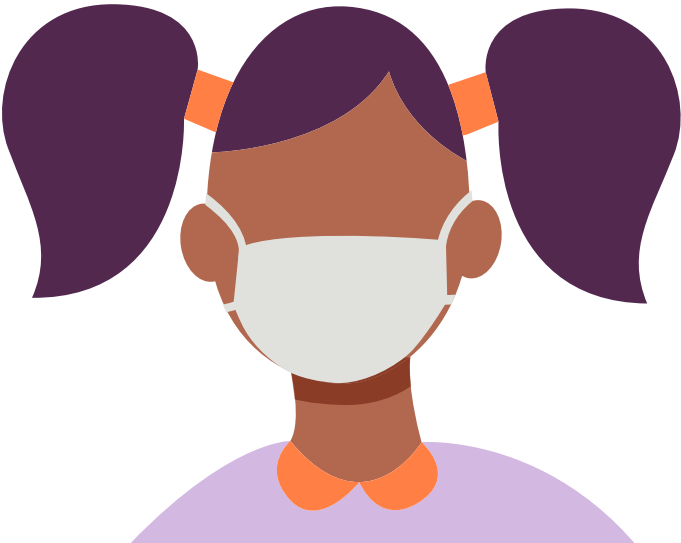
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I wear a mask because...



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

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I wear a mask because...



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

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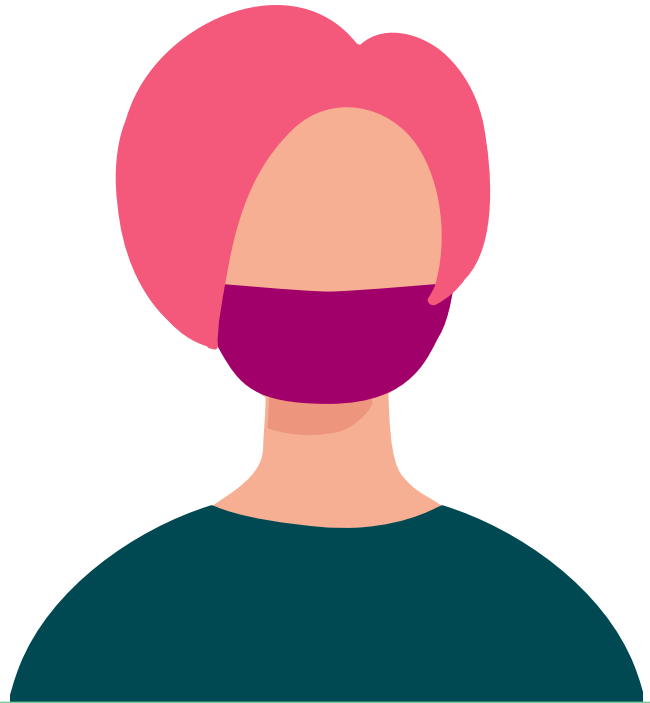
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I wear a mask because...

**I want to
protect those
around me.**



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



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I wear a mask because...

**I recently
travelled out of
the country.**



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