

WHEN AND WHERE TO WEAR A MASK

Although the masks are not required in most settings, there are still areas and reasons why a mask should be worn



- During any health related visits (such as foot care, home care visits, appointments with the Nurse...etc)
- When infected with COVID-19 (after your self-isolation period, a mask should be worn at least 10 full days after symptoms or once a positive test occurs)
- If you have been in contact with a COVID-19 positive case (wear a mask for 10 full days)
- As directed by Peterborough Public Health COVID-19 Index

www.peterboroughpublichealth.ca/covid-risk-index



FROM YOUR CHN, RENEE
AT THE L.I.F.E. SERVICES CENTRE