Fact Sheet
How to wear a mask

Rainbow Schools
Reaching minds. Touching hearts.

With reasonable exceptions, all students in Rainbow Schools in Grades 1 to 12 are required to wear non-medical or cloth masks indoors in school, including in hallways and during classes. Kindergarten students are required to wear masks and/or face shields in indoor spaces.

In accordance with the Ministry of Education directive, outdoor times like recess will be used as opportunities to provide students with breaks from wearing masks within their cohorts.

Staff, parents/guardians and visitors are also required to wear masks.

Wearing a mask can help to prevent the spread of some respiratory illnesses, but it can also become a source of infection if not worn or discarded properly.

When you wear a mask, be sure to clean your hands frequently with soap and water or alcohol-based hand sanitizer.

Masks can be reused if they are not damp or damaged.

Here are steps to properly reuse your mask:

1. Remove mask following the proper steps.
2. Place in a paper bag, being careful not to touch the inside/outside of the mask.
3. Wash hands.
4. When ready to reuse, remove from bag and discard bag. Put mask back on by following process.
5. Practise proper hand hygiene once mask is on.

When a mask becomes damp or damaged, you must replace it with a new mask.

Students are encouraged to bring spare masks in the event one becomes wet or damaged throughout the day. Masks should be washed and dried on a nightly basis.

How to wear a mask

1 Before putting on your mask, wash your hands with soap and water for at least 20 seconds or use alcohol-based hand sanitizer.

2 Secure the elastic loops of the mask around your ears. If your mask has strings, tie them securely behind your head.

3 Cover your mouth and nose with the mask and make sure there are no gaps between your face and the mask. Ensure the metallic strip is at the bridge of your nose. Press it to form a snug fit around your nose.

4 Do not touch the front of the mask while you wear it. Wash your hands with soap and water for at least 20 seconds or use alcohol-based hand sanitizer if you accidentally touch your mask.

How to remove a mask

1 Do not touch the front of your mask to remove it.

2 Remove the elastic loops of the mask from around your ears or untie the strings from behind your head.

3 Hold only the loops or strings pulling away from your face.

4 Wash your hands with soap and water for at least 20 seconds or use alcohol-based hand sanitizer.

September 2020