



FACE COVERING FOR TRAVELLERS

The Government of Canada is encouraging **all rail travellers to wear a non-medical mask or face covering large enough to cover their mouth and nose during their travel, especially in situations where physical distancing guidelines cannot be maintained. This recommended measure will help to protect other passengers and railway employees by reducing the risk of transmission of COVID-19.**

WHEN SHOULD I WEAR A NON-MEDICAL MASK OR FACE COVERING?

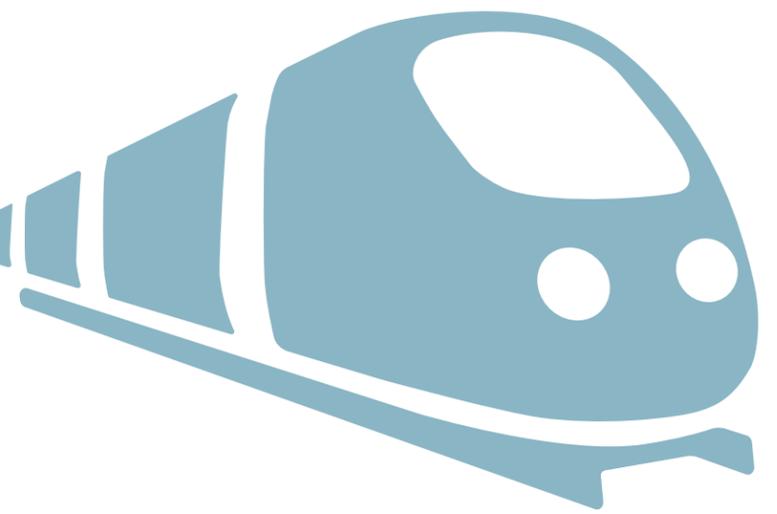
It is recommended that passengers wear non-medical mask or face covering:

- ✓ **When boarding/exiting** the train;
- ✓ **During the trip** when they cannot physically distance from others, except for a family member or a travelling companion; and,
- ✓ **As directed** by officials of the Railway Company or a Canadian public health official.

EXCEPTIONS

Face coverings **should not** be worn by:

- ✗ **children under the age of 2 years old;** and
- ✗ **passengers who have breathing difficulties that are unrelated to COVID-19.**



WHAT ARE FACE COVERINGS?

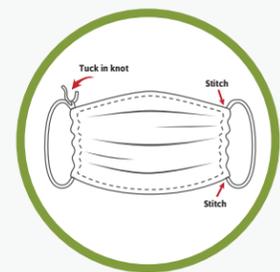
Face coverings are protective layers of absorbent fabric that snugly fit over the nose and mouth and are secured to the face with ties or ear loops. These coverings prevent respiratory droplets from contaminating others or landing on surfaces.

- NON-MEDICAL MASKS OR FACE COVERINGS SHOULD:**
- ✓ Be made of multiple layers of absorbent fabric;
 - ✓ Cover the mouth and nose without gaps;
 - ✓ Fit securely to the head with ties or ear loops;
 - ✓ Allow for easy breathing;
 - ✓ Be changed as soon as possible if damp or dirty; and,
 - ✓ Stay the same shape after machine washing and drying.

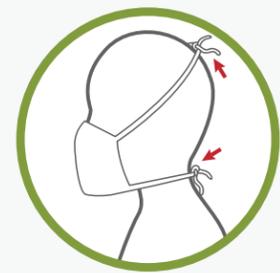
- NON-MEDICAL MASKS OR FACE COVERINGS SHOULD NOT:**
- ✗ Be placed on infants (e.g., children under the age of 2 years old);
 - ✗ Be placed on anyone who has trouble breathing;
 - ✗ Be placed on anyone who is unconscious;
 - ✗ Be placed on someone who is incapacitated or unable to remove it without assistance;
 - ✗ Be made exclusively of plastic sheeting or materials that easily fall apart (e.g., tissues);
 - ✗ Be shared with others; and
 - ✗ Impair vision or interfere with tasks.

Wearing a face covering can also prevent you from touching your nose and mouth. Remember not to touch or rub your eyes, as this is another route of infection. Wearing a face covering when in public or other settings is not a replacement for following proven measures such as hand washing and physical distancing.

EXAMPLES OF REMOVABLE NON-MEDICAL MASKS AND FACE COVERINGS MADE OF CLOTH:



SEWN MASK



NO-SEW MASK USING A T-SHIRT



NO-SEW MASK USING A FOLDED SCARF/BANDANA AND RUBBER BANDS/HAIR TIES

For more information on making face coverings consult: www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks/instructions-sew-no-sew-cloth-face-covering.html#a5