COVID-19

Prevention measures at Polytechnique Montréal

GUIDELINES ON WEARING A MASK

WEAR A MASK

HOW

1. Ensure the mask's rigid strip points towards the ceiling.
2. Mould the mask's rigid strip to the bridge of your nose.
3. Lower the mask to cover your chin.

HANDLING ITEMS

Wash your hands prior to putting on a mask and after removing your mask.

Change your mask if it becomes wet, dirty, damaged, once work is completed, or as per your lab director's instructions.

Do not hang your mask on chin or by an ear—keep your mask on your face and avoid touching it.

Remove your mask using the elastic strips only, do not touch the front of it.

If your mask is disposable, immediately dispose of it in a closed garbage receptacle.

MASKS DON'T REPLACE

Washing your hands for 20 seconds

Physical distancing

Self-isolating at home if you develop symptoms

POLYTECHNIQUE MONTRÉAL

TECHNOLOGICAL UNIVERSITY

UT TENSIO SIC VIS