



## Client Masking in Home Care

### **Wearing a mask is safer for everyone.**

The Department of Health and Wellness **strongly recommends that home care clients wear non-medical masks** when receiving home care services to protect against the spread of Covid-19. This also applies to anyone who needs to be in your home to support you while you receive care.

Your care provider will sometimes need to be less than two metres away from you to deliver care. **When you both wear a mask, it protects everyone.**

You can wear your own cloth or disposable masks. If you don't have a clean mask available, tell your home care provider and they will provide one.

### **You might be wondering...**

#### **Why are we recommending this? And why now?**

We are seeing more Covid-19 cases in Nova Scotia, and we want to stop those numbers from growing. We know that masks play an important role in that. We are also in our regular flu season, and masks can also help protect you and others from the seasonal flu.

#### **Can I wear my own mask?**

Yes, as long as it has two or three layers of fabric, is clean and fits well. More information is available here: <https://novascotia.ca/coronavirus/masks/#Exemptions>. The graphic below shows the correct way to wear a mask.



#### **If I can't wear a mask for medical or other reasons, will I be denied home care services?**

No. Wearing a mask is strongly recommended, but we know that some people may not be able to wear one. You should wear a non-medical mask unless you have a medical reason for not wearing a mask (such as people with cognitive or developmental disabilities who can't wear a mask). Children under the age of two shouldn't wear a mask. For more information, visit <https://novascotia.ca/coronavirus/masks/#Exemptions>. You should not be denied services simply because if you are unable to wear a mask.



**What else can I do to protect myself and the people providing my care?**

- Stay informed and follow public health advice
- Wash hands often, avoid touching face, and practise cough and sneeze etiquette
- Ensure physical distancing in public (2 m or 6 feet)
- Disinfect high-touch surfaces often
- Stay home and away from others when you feel unwell

For more information, visit: <https://novascotia.ca/coronavirus/avoiding-infection/>

***Thank you for helping to stop the spread of Covid-19 in Nova Scotia.***