

Time for a mask fit test!

Make sure that no air comes out from the top, bottom, or sides:

- Pinch the nose
- Adjust the loops or ties
- Add another mask so that it all fits snug on your face.

You should feel warm air from the front of your mask and see the front move when you breathe in and out.



Sioux Lookout
First Nations
Health Authority

*No gaps, no leaks.
Wear it well!*

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