

Instruction on the use of the disposable mask for passengers

1 Instruction

1.1 Standard

The mask must comply with the following:

- Comply with ISO 13485
- 95% FDA CE Mark approved
- Tested by recognized institutions

1.2 Porter un masque

The masks distributed are considered to be clean, so that they can be worn immediately after distribution.

It is important to observe the following hygienic principles in order to minimize the risk of contamination:

- Adjust the face cover to fit snugly over the face (without leaving any gaps); and,
- Do not share your face cover with other people.
- Avoid leaving the mask(s) out in the open.
- Do not leave used masks on benches, on the floor, etc.

When wearing a face cover, the material may be contaminated outdoors or when touched with the hands. Therefore, the following steps should be taken:

- Avoid touching your face cover when wearing it;
- Continue to practice good hand hygiene;
- Non-medical, non-washable masks should be disposed of and replaced as soon as they become wet, soiled or wrinkled;
- Dispose of masks properly in a designated waste receptacle.

1.2.3 Use/Handling

How to wear a mask:

1. Before putting on your clean and dry mask, wash your hands with soap and warm water for at least 30 seconds or use an alcohol-based hand sanitizer; remove your glasses (if applicable);
2. Make sure that your hair is tied back and does not touch the front of the mask and that it is away from your face;
3. Attach the elastic loops around your ears (don't forget to remove the earrings, ear piercings or ear jewellery);
4. Cover your mouth and nose with the mask, make sure there is no space between your face and the mask;
5. Make sure the mask fits snugly and comfortably against your face;
6. Place your glasses;
7. Avoid touching the front of the mask while wearing it;

8. Wash your hands with soap and warm water for at least 30 seconds or use an alcohol-based hand sanitizer if you accidentally touch your mask.;

Steps for putting on a mask



Adapted from Public Health Ontario

1.3 Removing and disposing of the mask

How to remove/dispose of your mask:


1. Do not touch the front of your mask to remove it;
2. Wash your hands with soap and water or an alcohol-based hand sanitizer;
3. Remove the elastic loops of the mask from your ears;
4. Hold only the straps and place the mask in and immediately dispose of the mask in the appropriate waste receptacle.
5. Wash your hands with soap and warm water for at least 30 seconds or use an alcohol-based hand sanitizer after removing your mask;

**Note: There is no clear evidence that wearing a mask will protect you from the virus, but wearing a mask can help protect others around you.*

1.4 Special Cases

Under certain circumstances, it is not mandatory to wear a face cover:

- Infants under two years of age and young children who are not able to wear a face covering during the trip;
- People with health problems - any person whose health condition causes them to
 - a) breathing difficulties unrelated to COVID-19 or
 - b) prevents the person from wearing a face covering that covers the nose and mouth;
- A person who is unconscious or who is unable to remove a face cover without assistance;

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- Safety is at risk - any situation where wearing a face shield would interfere with personal safety (including eating or drinking); and,
 - Subject to the authorities - any situation where a local authority would require a person's nose and/or mouth to be visible and/or exposed

2 REQUESTS FOR INFORMATION

If you have any questions, please address them to your representative on board the train.