



# A GUIDE TO FACE MASKS

## HOW TO CHOOSE:

### Your face mask should:

- Have two layers or more of breathable, washable fabric
- Completely cover you nose and mouth and fit snugly against your face



## HOW TO WEAR:

### Do:

- Wash or sanitize your hands before and after putting on a mask
- Fit the mask snugly against the sides of your face, slipping the loops over your ears or tying the strings behind your head

### Don't:

- Touch the mask when wearing it



If you find yourself continually adjusting your mask it might not be the best fit for you.

## PLAYERS

- If you wear a gaiter, make sure it has two layers, or fold it to make two layers
- Keep a few spare masks, along with a bottle of hand sanitizer, in your equipment bag

## COACHES

- Ensure players sanitize their hands if seen touching their face or mask
- Keep a few spare masks, along with a bottle of hand sanitizer, in your equipment bag

FOR RETURN TO PLAY INFORMATION VISIT OUR WEBSITE AT [BASEBALLMANITOBA.CA/ADMINISTRATION/REGISTRATION/RETURN-PLAY](https://baseballmanitoba.ca/administration/registration/return-play)

INFOGRAPHIC SOURCES:

[www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html)  
[www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wear-cloth-face-coverings.html](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wear-cloth-face-coverings.html)