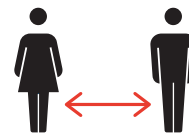# THE KEY TO PREVENTING THE SPREAD OF COVID-19

To ensure the safety of everyone, QuadReal requests that you wear a mask in accordance with advice provided by Health Canada and maintain a physical distance of no less than 6ft/2m when interacting within QuadReal properties.
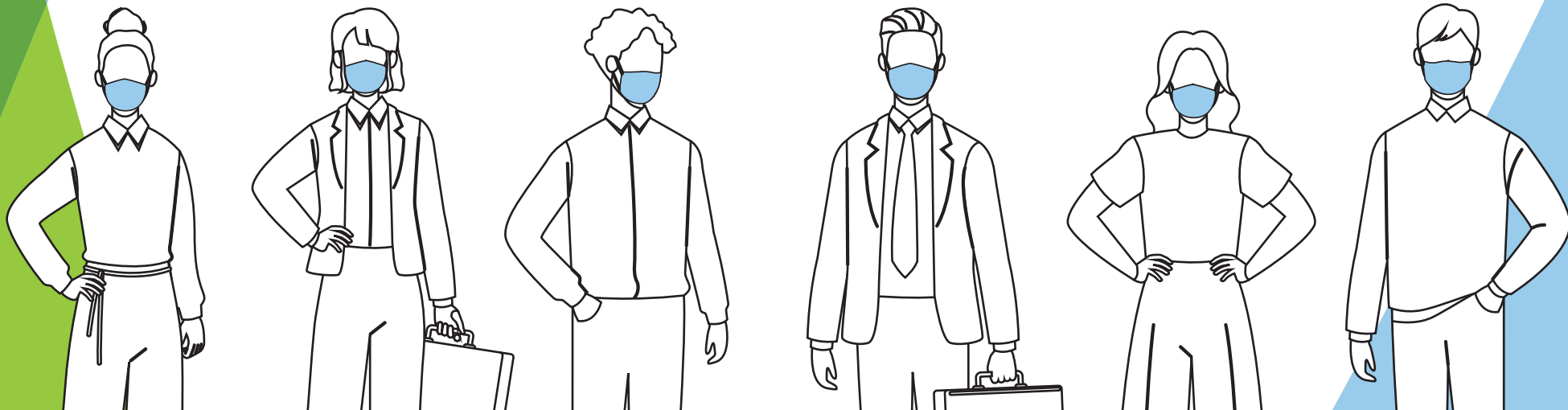
Keep a safe distance apart 2m / 6ft

Wash your hands frequently

Avoid touching your eyes, nose and mouth

Wearing masks indoors or when you cannot maintain physical distancing, can help protect others around you.

We will limit the spread of COVID-19 if we all wear masks and wear them correctly.

HOW TO WEAR A NON-MEDICAL MASK SAFELY

✔ DO'S

Ensure mask is not damaged or dirty before using

Clean your hands before and after touching the mask

Adjust the mask to your face so there are no gaps on the sides

Make sure the mask covers your mouth, nose and chin
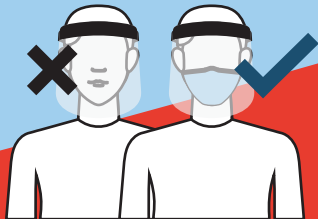
Remove the mask using the straps behind the ears or head

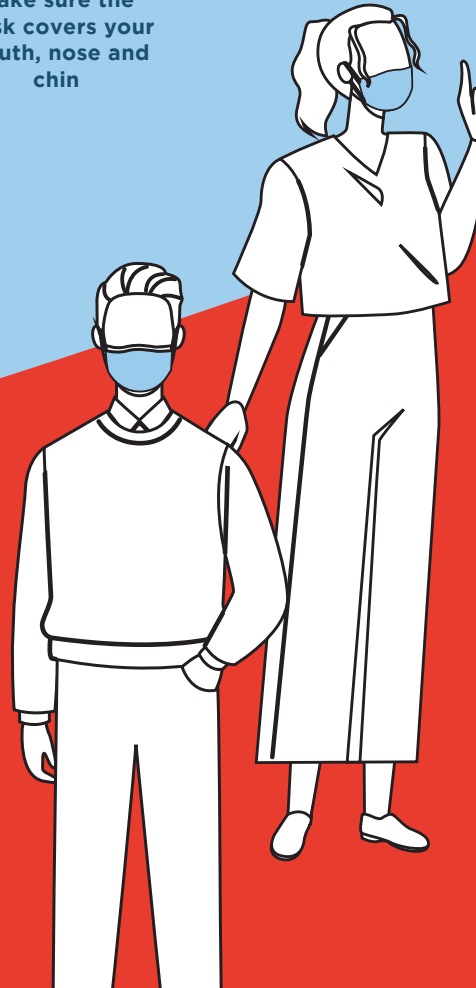**Pull the mask away from your face keeping hold of only the straps**

Store the mask in a clean plastic, resealable bag

The best type of mask has two or more layers of washable, breathable fabric.

Public health authorities advise that face shields worn without a mask, mask with exhalation valves and gaiters (neck scarves) do not provide sufficient protection.

DON'TS ✖

Do not use a mask that is damaged, dirty or wet

Do not wear a loose mask

Do not wear the mask under the nose

Do not remove the mask when there are people within 6ft/2m

Do not share your mask with others

Do not use a mask that makes it hard to breath

QuadReal™

* Do's and Don'ts according to the World Health Organization