

Face masks help stop the spread of COVID-19.

We can protect each other by correct and consistent mask use, along with keeping safe distances when around people who do not live in our household.

To ensure a close fit and sufficient layers, it is recommended to double mask:

- An inner layer of a reusable medical mask.
- An outer layer of a reusable cloth mask that has 3 layers of fabric. The cloth mask should push the edges of the disposable medical mask against your face.

Mind the gap!
Gaps can let air with respiratory droplets leak in and out around the edges of the mask.

Make sure you can breathe easily.

I just turned 2 years, so I get to wear a face mask.

Covers your mouth and nose at all times.

The virus spreads primarily from person to person through small droplets from the nose or mouth.

You or your loved ones can catch it if you breathe in these droplets from a person infected with the virus.

In order to be fully effective, the correct masks and use thereof is critical. Do NOT do the following...

...made of material that makes it hard to breathe, like leather or coffee filters.

I don't want to restrict breathing or force air past the mask.

...made of material or construction that does not allow for enough protection, like only one layer or exhalation valves.

I don't want to allow virus particles to escape through the mask.

Also, best not to use...

...gaiters or face shields since their effectiveness is still unknown at this time.

For double masking...

...disposable masks are not designed to fit tightly and wearing more than one will not improve fit.

...only use one KN95 at a time.

The proper wear of face masks is key. Improper wear will make your protection ineffective.

How to HANDLE your face masks

- Clean your hands with water and soap or hand sanitizer before touching the mask to put it on or take it off.
- Remove your reusable cloth mask by the straps and pull it away from your face. Dispose of the medical mask.
- Clean your hands after removing the mask.

How to CARE for your cloth mask

Once a day (ideally) wash your mask in soap or detergent, preferably with hot water.

Make sure the mask is completely dry before using.

Store the clean mask in an unused resealable plastic bag to protect it from germs.

When ready to use, clean your hands and pull the mask out of the bag by the straps.