

MASK WEAR & CARE- IMPORTANT SAFETY TIPS

WHY SHOULD WE WEAR MASKS? When worn correctly, masks protect us from spreading COVID-19



"N-95" masks block 95% of viruses. A multiple layered cloth mask with a filter stops droplets, but does **not** filter all aerosolized virus. A thin mask reduces your risk of spreading to others, but minimally protects YOU.

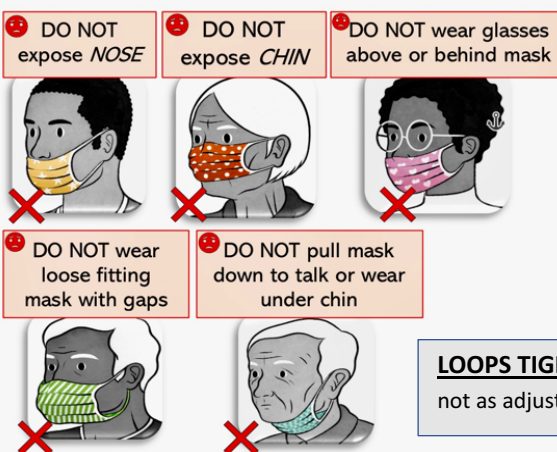
SOCIAL DISTANCING is STILL CRUCIAL- stay 6 ft away from others, wear a mask, wash your hands & use hand sanitizer frequently. Disinfect any surface that may be contaminated using 70% alcohol spray/wipes.

Wearing a mask reduces the risk of you **SPREADING THE VIRUS unknowingly**.
Social distancing + masks + hand washing = SAVES LIVES & KEEPS OUR STATE OPEN

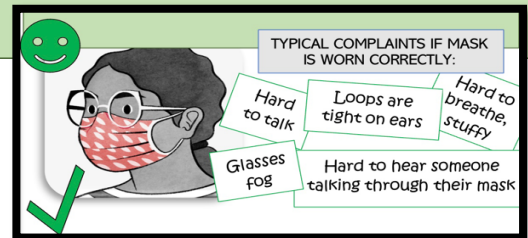
HOW TO WEAR & HANDLE YOUR MASK CORRECTLY

- **WASH hands** (or hand sanitize) before touching mask
- **Hold** mask by **ear loops**, **avoiding** front or inside
- Secure **loops** behind **ears (or tie strings securely)**
- Mask should **cover nose & mouth** with **NO gaps**
- **Avoid touching** mask while you wear it
- **Wash hands** if you **accidentally** touch the mask while wearing it (assume the mask has virus on the front)

- ✓ Wear mask **OVER** bridge of nose & **UNDER** chin (**NO gaps or openings**)
 - ✓ GLASSES should sit **ON TOP** of mask
 - ✓ Practice wearing at home so you can work out any problems in advance...
 - ✓ If you feel **stuffy it is fitting correctly** 👍
- You can get used to it unless you have COPD, severe heart disease



If you choose to wear a mask, have **patience** & **learn appropriate mask protocol** for your **safety** & others!



GLASSES FOGGING- Clean lenses with Anti-fog spray or diluted Dawn Dish soap before wearing mask

LOOPS TIGHT/LOOSE ON EARS- Masks with ear loops are easier than tie masks to put on & off, but are not as adjustable. Make sure your mask fits well before wearing in public so you don't fidget with it.

HARD TO BREATHE, TALK, & HEAR- Multiple layer, thick masks provide best protection (like layers of Swiss cheese to fill the holes). You can learn to breathe/talk through a thick mask.

➔ Surgical masks or single layer cloth masks (including thin scarves wrapped around face) are better than no mask or poor mask technique.

Remember the best way to stay safe... STAY HOME!

MASK WEAR & CARE- IMPORTANT SAFETY TIPS

How to Wear Cloth Face Coverings

Cloth face coverings should—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

CDC on Homemade Cloth Face Coverings

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), **especially** in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cloth face covering without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?

Yes. They should be routinely washed depending on the frequency of use.

How does one safely sterilize/clean a cloth face covering?

A washing machine should suffice in properly washing a cloth face covering.

How does one safely remove a used cloth face covering?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their cloth face covering and wash hands immediately after removing.



WASH IN WASHING MACHINE

- Wash on Warm/Hot cycle alone or in delicates bag
- Dry on hot cycle or in the sun

DISINFECT WITH DISINFECTANT SPRAY

Spray entire cloth & set out in the sun for 30-60 minutes

- Lysol or Clorox Disinfectant Spray: “Kills 99.9% of viruses” (non-bleach)
- DIY Disinfectant spray: Approx 70% alcohol concentration
1 C. 99% isopropyl alcohol + ¼ C. distilled water (optional: add 1 TBSP 3% hydrogen peroxide)



Wash a cloth mask before first use & anytime it may be contaminated. When you wear a mask, assume it is covered in virus and disinfect accordingly.

A surgical mask is meant to be single use, but it can be re-used if sprayed with disinfectant spray and left in the hot sun for 1-2 hours.

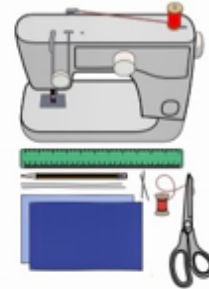
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Sewn Cloth Face Covering

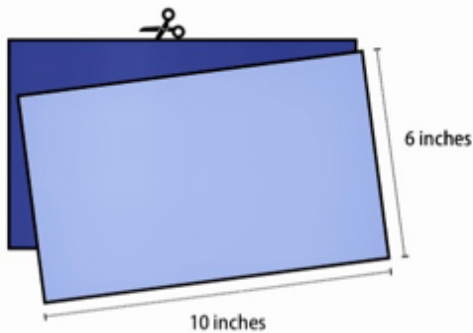
Materials

- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine

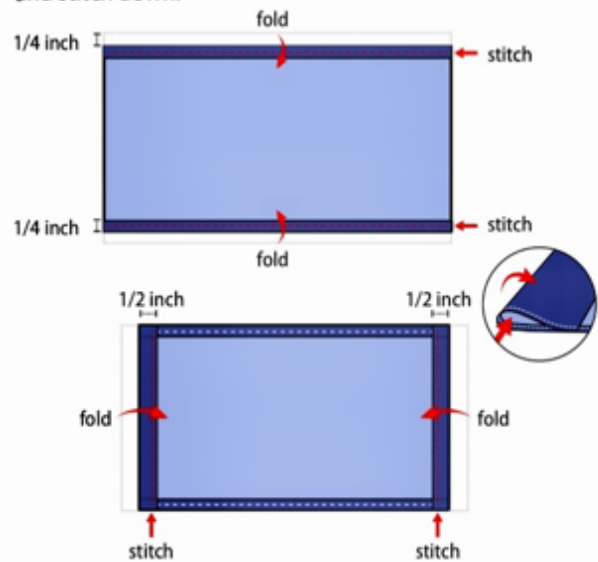


Tutorial

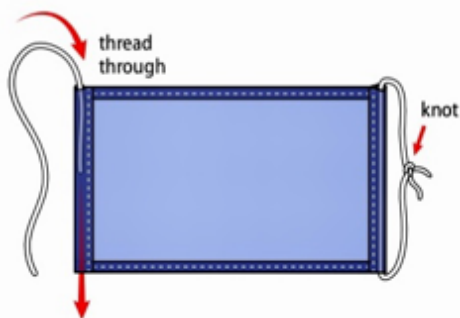
1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the cloth face covering as if it was a single piece of fabric.



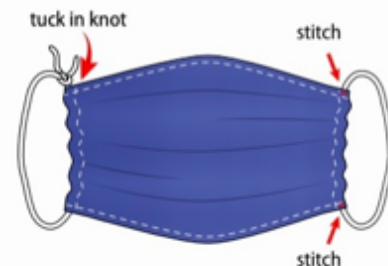
2. Fold over the long sides $\frac{1}{4}$ inch and hem. Then fold the double layer of fabric over $\frac{1}{2}$ inch along the short sides and stitch down.



3. Run a 6-inch length of $\frac{1}{8}$ -inch wide elastic through the wider hem on each side of the cloth face covering. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight. Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the cloth face covering behind your head.



4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the cloth face covering on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.



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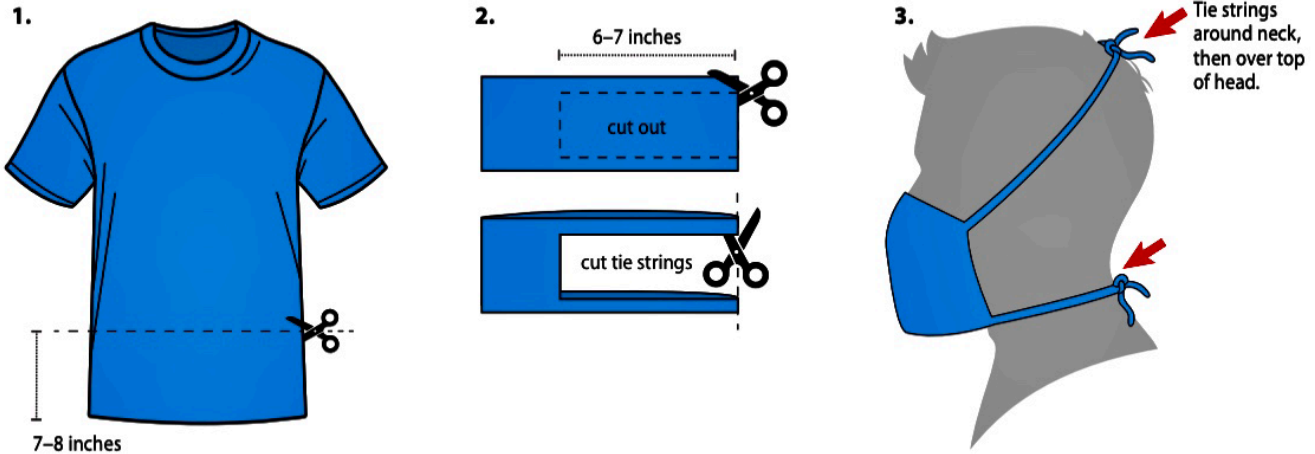
MASK WEAR & CARE- IMPORTANT SAFETY TIPS

Quick Cut T-shirt Cloth Face Covering (no sew method)

Materials

- T-shirt
- Scissors

Tutorial

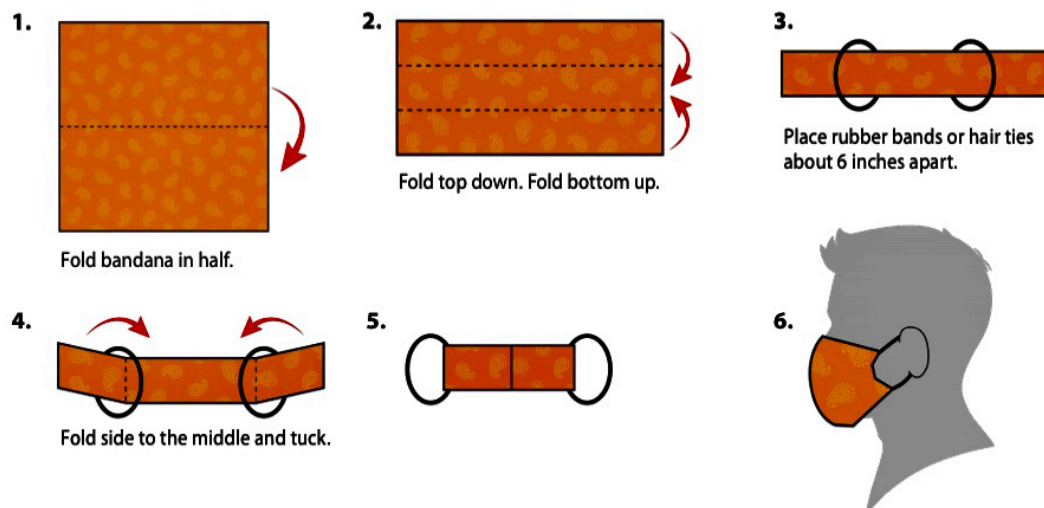


Bandana Cloth Face Covering (no sew method)

Materials

- Bandana (or square cotton cloth approximately 20"x20")
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

Tutorial



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