

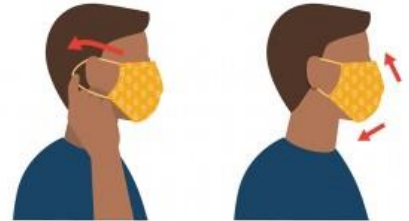
## Mask Information

Masks are an additional step to help slow the spread of COVID-19 when combined with [every day preventive actions](#) and [social distancing](#) in public settings.

- CDC recommends that people wear masks in public and when around people who don't live in your household.
- Do NOT use a mask meant for a healthcare worker. Currently, surgical masks and N95 respirators are critical supplies that should be reserved for healthcare workers and first responders. They must be fit tested to work properly.
- CDC does not recommend the use of gaiters or face shields. Evaluation of these face covers is on-going but effectiveness is unknown at this time.

## Wear your Mask Correctly

- Wash your hands before putting on your mask
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- CDC does not recommend use of masks or cloth masks for source control if they have an exhalation valve or vent

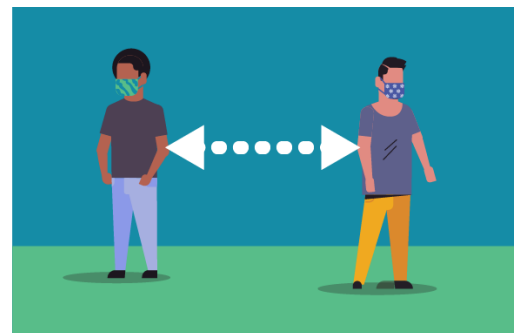


## Wear a Mask to Protect Others

- Wear a mask that covers your nose and mouth to help protect others in case you're infected with COVID-19 but don't have symptoms
- Wear a mask in public settings when around people who don't live in your household, especially when it may be difficult for you to stay six feet apart
- Wear a mask correctly for maximum protection
- Don't put the mask around your neck or up on your forehead
- Don't touch the mask, and, if you do, wash your hands or use hand sanitizer to disinfect

## Follow Everyday Health Habits

- Stay at least 6 feet away from others Avoid contact with people who are sick
- Wash your hands often, with soap and water, for at least 20 seconds each time
- Use hand sanitizer if soap and water are not available



## Take Off Your Mask Carefully, When You're Home



- Untie the strings behind your head or stretch the ear loops. Handle the mask only by the ear loops or ties
- Fold outside corners together
- Place mask in the washing machine if it is cloth or dispose of it if it is not
- Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing.

# What do I do with a disposable mask?



- A disposable mask is only designed to be used once, not multiple times
  - – don't be tempted to reuse it.
- You should use this kind of mask once before throwing it away, and should also dispose of it if it becomes at all damp.
- Before putting one on, wash your hands first and check whether there are any holes or tears in the mask when you remove it from its packaging. Most disposable masks have a top and a bottom – the top is the side that has a stiff, bendable edge, designed to mold around your nose.
- There's also a front and a back to most disposable masks: the colored side is usually the front and should face away from you. When attaching the mask, either by ties or loops that go around your ears, ensure there is no gap between the mask and your face by pushing the bendable top piece so it's shaped around your nose.
- Try not to touch the mask while wearing it, and if you do, wash your hands or use hand sanitizer afterwards. When removing the mask, try not to touch the front of it – use the ties instead. Throw it in a closed bin or wrapped in tissue and, you guessed it, wash your hands.



# What do I do with a reusable mask?

If you have any kind of reusable cloth mask or face covering, wearing it is only half the battle – you also have to wash it.

## Washing machine

- You can include your mask with your regular laundry.
- Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the mask

## Washing by hand

- Check the label to see if your bleach is intended for disinfection. Some bleach products, such as those designed for safe use on colored clothing, may not be suitable for disinfection.
- Use bleach containing 5.25%–8.25% sodium hypochlorite. Do not use a bleach product if the percentage is not in this range or is not specified.
- Ensure the bleach product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser.
- Ensure adequate ventilation.
- Prepare a bleach solution by mixing:
  - 5 tablespoons (1/3rd cup) of 5.25%–8.25% bleach per gallon of room temperature water or
  - 4 teaspoons of 5.25%–8.25% bleach per quart of room temperature water
- Soak the mask in the bleach solution for 5 minutes.
- Discard the bleach solution down the drain and rinse the mask thoroughly with cool or room temperature water.

## Make sure to completely dry the mask after washing.

- Use the highest heat setting and leave in the dryer until completely dry or Lay flat and allow to completely dry. If possible, place the mask in direct sunlight.