

# FACE MASK GUIDELINES

## MASK SELECTION

### DO choose masks that



Have two or more layers of washable, breathable fabric



Completely cover your nose and mouth



Fit snugly against the sides of your face and don't have gaps

### DO NOT choose masks that



Are made of fabric that makes it hard to breathe, for example, vinyl



Have exhalation valves or vents, which allow virus particles to escape



Are intended for healthcare workers, including N95 respirators or surgical masks

### Caution: Gaiters & Face Shields



Evaluation is on-going but effectiveness is unknown at this time



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### Special Situations: Glasses



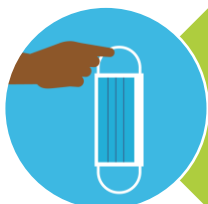
If you wear glasses, find a mask that fits closely over your nose or one that has a nose wire to limit fogging



## **FOLLOW THESE GUIDELINES TO PROPERLY WEAR A FACE MASK**



Wash your hands before and after touching the mask.



Touch only the bands or ties when putting on and taking off your mask.



Make sure the mask fits to cover your nose, mouth and chin. If you adjust the mask to cover those areas, wash your hands before and after.



Make sure you can breathe and talk comfortably through your mask.



Wash reusable masks after each use. If the mask is disposable, discard it when visibly soiled or damaged.



## AVOID THESE COMMON MASK-WEARING MISTAKES



Don't touch your mask or another person's mask while it is being worn.



Don't wear the mask under your chin with your nose and mouth exposed.



Don't leave your nose or mouth uncovered.



Don't remove the mask within at least 6 feet of others.



Don't share your mask with others, especially after being worn.



## Do NOT wear a mask



Around your neck



On your forehead



Under your nose



Only on your nose



On your chin



Dangling from one ear



On your arm

## How to take off a mask



1

Carefully, untie the strings behind your head or stretch the ear loops



2

Handle only by the ear loops or ties



3

Fold outside corners together



4

Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing

## CLEANING MASKS

Masks should be washed after each use. Always [remove masks correctly](#) and [wash your hands](#) after handling or touching a used mask.

- 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.
- Use the highest heat setting and leave in the dryer until completely dry.



Content sources:

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/proper-mask-wearing-coronavirus-prevention-infographic>  
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>