

HOW TO WEAR MASKS

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CDC GUIDANCE

- ★ Masks are a critical step to help prevent people from getting and spreading COVID-19.
- ★ A cloth mask offers some [protection to you as](#) well as protecting those around you.
- ★ Wear a mask and [take every day preventive actions](#) in public settings and mass transportation, at events and gatherings, and anywhere you will be around other people.

WEAR YOUR MASK CORRECTLY

- [Wash your hands](#) or use hand sanitizer before putting on your mask.
- Put the mask over your nose and mouth and secure it under your chin.
- Fit the Mask Correctly
- mask snugly against the sides of your face, slipping the loops over your ears or tying the strings behind your head.
- If you have to continually adjust your mask, it doesn't fit properly, and you might need to find a different mask type or brand.
- Make sure you can breathe easily.



WEAR A MASK TO PREVENT GETTING AND SPREADING COVID-19

DOs

- Wear a mask over your nose and mouth to help prevent getting and spreading COVID-19.
- Wear a mask in public settings when around people who don't live in your household, especially when indoors and when it may be difficult for you to stay six feet apart from people who don't live with you.
- Wear a mask correctly for maximum protection.
- Wear your mask under your scarf, ski mask, or balaclava in cold weather
- Keep a spare mask to replace one that becomes wet from moisture in your breath, snow, or rain.
- Store wet reusable masks in a plastic bag until they can be [washed](#).



Don'ts

- Put the mask around your neck or up on your forehead.
- Touch the mask, and, if you do, [wash your hands](#) or use hand sanitizer.



TO PREVENT GETTING AND SPREADING COVID-19, FOLLOW THESE PROTECTIVE MEASURES

- 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](#) with at least 60% alcohol 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 only by the ear loops or ties
- Fold outside corners together
- Place mask in the washing machine (learn more about [how to wash masks](#))
- Be careful not to touch your eyes, nose, and mouth when removing and [wash your hands](#) immediately after removing.



HOW TO SELECT

WHEN SELECTING A MASK, THERE ARE MANY CHOICES. HERE ARE SOME DO'S AND DON'TS.

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

SPECIAL CONSIDERATIONS

Gaiters

Wear a gaiter with two layers, or fold it to make two layers



Face Shields

Not recommended: Evaluation of face shields is ongoing, but effectiveness is unknown at this time.



KNOW HOW TO WEAR YOUR FACE MASK CORRECTLY

<https://youtu.be/dSvff0QljHQ>

QUESTIONS

Contact

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