

ILLNESS PREVENTION

HOW TO WEAR A FACE COVERING

Cloth face coverings should—

- Fit snugly but comfortably against the side of the face.
- Be secured with ties or ear loop include multiple layers of fabric.
- Allow for breathing without restriction.
- Be able to be laundered and machine dried without damage or change to shape.
- If you have sensitive or an oily complexion, you'll want to clean your face mask often to prevent the fabric from irritating your skin with dirt and other elements.

How to remove face covering

- Do not touch your eyes, nose, and mouth when removing the cloth face-covering and wash hands immediately after removing.



DAILY CLEANING OF FACE COVERING INSTRUCTIONS

How to clean a face mask in a washing machine

- Clean your face mask in your washing machine as you would your clothes.
- Consider washing mask in a delicate bag or another small mesh bag first.
- Wash your face mask with detergent and hot water, and then put it in the dryer on a hot cycle.
- If your mask has elastic loops, you should air-dry so that these loops do not get damaged. If you have cloth ties, these can be dried on a regular cycle in the dryer.

How to clean a face mask with soap and water

- Using gentle detergent or another hand-wash detergent or regular hand soap.
- First “wet the mask and rub vigorously with soap so you have a lather.
- Soaking the mask in hot water and soap for 30 minutes to ensure you’ve killed all the germs.
- Rinse your mask in warm (around 80 degrees,) soapy water, making sure you wash all parts of the fabric and elastic without soaking the mask through.
- Let your mask dry naturally on a disinfected surface.

HOW TO WEAR A FACE COVERING



Do not reuse or put on a mask that has been soiled:
water, blood, and other body fluids.



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DAILY CARE OF A DISPOSABLE FACE COVERING

Disposable Face Coverings Should:

- Fit snugly but comfortably against the side of the face.
- Be secured with ties or ear loop include multiple layers of fabric.
- Allow for breathing without restriction.
- Replace Disposable Mask EVERY THREE DAYS or when damaged or soiled.

Disposable Mask Care:

- Disposable masks should remain on (extended use) and not be moved between face and another site (such as under chin, under nose, on head, other).
- Sanitize or wash your hands thoroughly before and after each time you place the mask on your face or take it off.
- Do not touch the front of the mask or face shield while it is being worn (since they may become contaminated). Sanitize or wash your hands thoroughly before and after adjusting the mask and, if necessary.
- Do not touch your face, eyes, nose, or mouth after touching the front of the mask or shield unless you sanitize or wash your hands thoroughly in between.

Mask Storage:

- Label your brown paper bag with your name.
- When your mask is not in use, store it in a brown paper bag. (Available at your site)
- Wash your hands before and after placing and removing the mask into the brown paper bag.
- When brown paper bag becomes wet, torn, or soiled, obtain a new bag.