

Learn more about MASKS

Did you know ??

Some masks and respirators have **exhalation valves**. These are not acceptable during COVID because they can release viral particles in the air.

How are types of masks different?



Cloth Mask^{2,3}

Pros

- Keeps other safe by preventing exhalation of viral particles
- Washable and reusable
- Easy to make on your own

Cons

- Less filtration
- No airborne particle protection
- Susceptible to some droplets

Affordability	● ● ● ●
Reusability	● ● ● ●
Protection	● ○ ○ ○
Comfort level	● ● ● ●



Procedure Mask^{1,2}

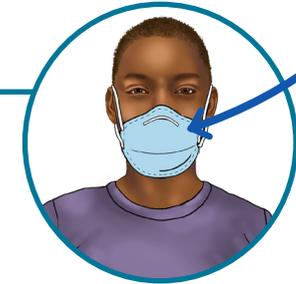
Pros

- May offer some additional protection if others don't mask
- Medical grade certified
- Affordable and disposable

Cons

- Not designed for multiple uses
- Healthcare providers need them
- Doesn't filter airborne particles

Affordability	● ● ● ●
Reusability	● ● ○ ○
Protection	● ● ● ○
Comfort level	● ● ● ●



N95 Respirator^{1,2}

Pros

- Dense filter
- Filters airborne particles and droplets
- Medical grade certified

Cons

- Harder to breathe
- Healthcare providers need them
- Require training to wear properly

Affordability	● ○ ○ ○
Reusability	● ● ● ○
Protection	● ● ● ●
Comfort level	● ○ ○ ○

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What to do when...?

Did you know ??

Batching your breaks is the best and safest idea. The more you take on and off your mask, the less effective of a barrier it is.

I'm hot, thirsty, or hungry



Cool down

If you feel hot, take off your mask without touching your face and take a break.



Foggy glasses

This means air is escaping from your mask. Wash hands and refit mask in a designated safe area.



Really hydrate

Drink plenty of water before putting your mask on.



Eat enough

Eat enough in one setting to stay energized.

I need to make/answer this call



Use ear buds

Hold your phone away from your face and mask.



Speaker phone

Turn up the volume or put on speaker phone.

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What to do when...?

Did you know ??

Making your cloth mask out of cotton fabric is affordable, as well as helping it be more breathable and comfortable against your skin.

This feels uncomfortable on my skin



Wash up

Wash your face before and after wearing your mask.



Moisturize

Apply lotion or vaseline after washing your face to protect your skin.



Au naturel

Avoid wearing make up under your mask.



Drink up!

Drink water to help moisturize your skin from the inside out.



Roll it in

Consider using a skin protectant approved for facial use if skin is irritated.



Get crafty

Use handmade ear savers so the mask straps won't put too much pressure on your ears.

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Did you know ??

Touching your face is a subconscious habit that is often a response to feeling stressed. Take deep breaths and time to relax so you touch it less often.

When wearing a mask, do not:



Pull below chin or **hang** around neck



Pull below nose



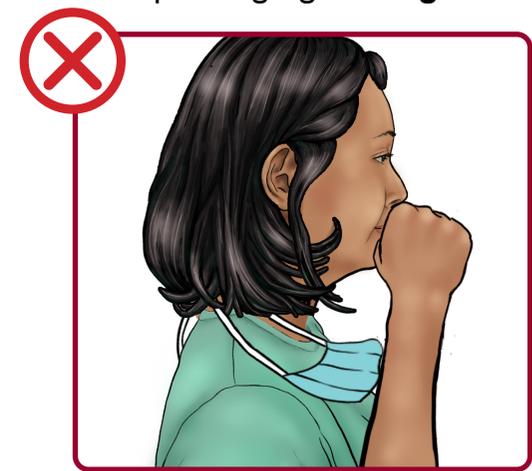
Leave straps hanging or **hang** from one ear



Touch outside of mask or **touch** phone to mask



Wear on forehead



Remove mask to cough or talk

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How to take your mask on and off

Did you know ??

It takes at least 20 seconds to wash your hands properly? Sing "Happy Birthday" to yourself two times while scrubbing them with soap and water if you don't have a timer.⁴

Properly putting on masks

1 Wash your hands and **sanitize** if you can.



2 **Make sure** your mask fits properly and feels comfortable. **Talk** and make sure the mask doesn't slip.

You don't want to readjust once it's on.

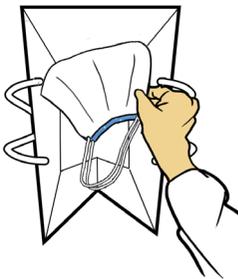


Properly taking masks off

1 **Try not to touch** your face when you remove mask.



2 If you are reusing mask, it can be helpful to **store** it in a paper bag. **Fold** mask with inside surface facing outside.



3 **Wash your hands or sanitize** after handling your mask.



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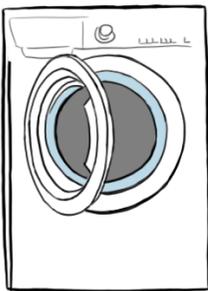
Properly handle your mask

Did you know??

The heat cycle of most washing machines and is effective for degrading most viruses.⁵

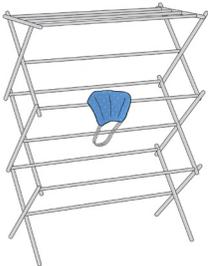
Cleaning Mask

To wash or not to wash? ❌



Surgical masks and N95 respirators will break down in a washing machine or with scrubbing.^{1,2}

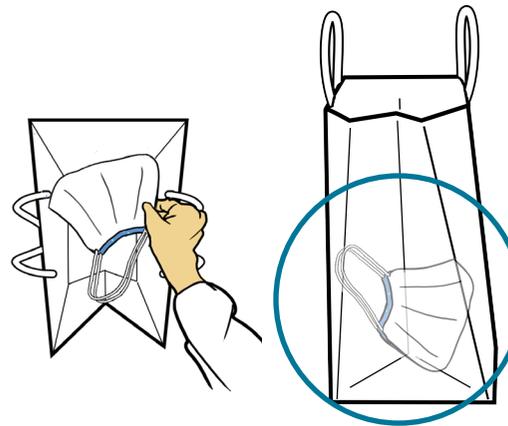
Washing your cloth mask in a washing machine is sufficient to get it clean.³



Dry

Hang to dry and store in a bag when completely dry.

Storing Mask



When storing your mask, fold your cloth or surgical mask in half and place in a paper bag.

Disposing of mask



When to discard

Cloth masks can be reused many times. Clean it regularly and immediately if it gets soiled.

If you are wearing a procedure mask - discard if it becomes visibly soiled.



Wash hands or sanitize

Your hands must be cleaned after handling your mask. Be sure to wash your hands, and sanitize before doing anything else.

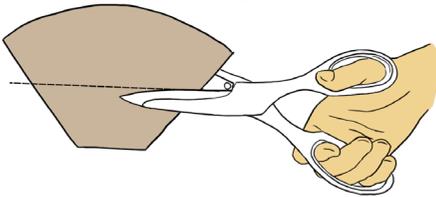
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Making your own cloth mask (w/o sewing)

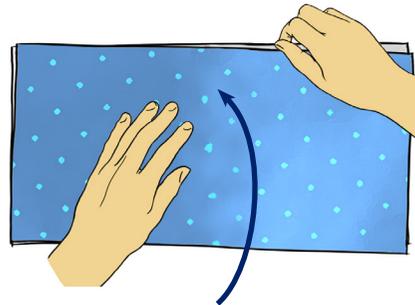
Materials

- 20" x 20" (50cm x 50 cm) cotton cloth (Bandana, T-shirt)
- Coffee filter
- Two hair ties
- Scissors

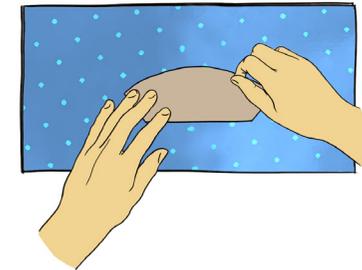
- 1** Cut the bottom off a folded coffee filter. Keep the top part



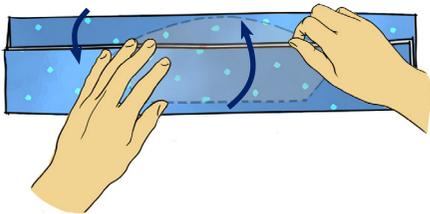
- 2** Lay 20" x 20" (50cm x 50 cm) cloth flat in a rectangle. Fold the cloth in half.



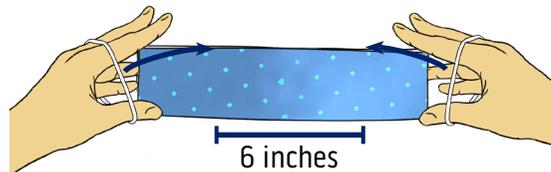
- 3** Fold the cut filter in the center of the folded cloth.



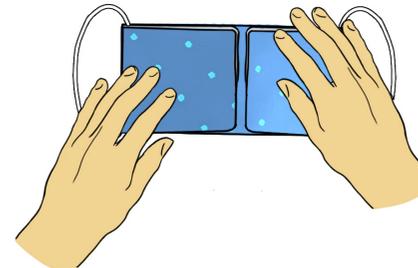
- 4** Fold the top down. Fold the bottom up.



- 5** Place hair ties around the folded cloth, 6 inches apart.



- 6** Fold the side of the cloth in toward the middle and tuck.



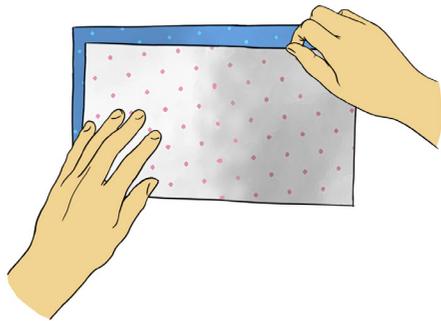
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Making your own cloth mask (sewing)

Materials

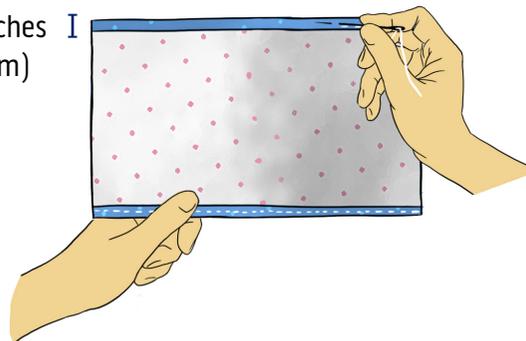
- Two 10" x 6" (26cm x 16 cm) rectangles of tightly woven cotton fabric
- Two 6" (16 cm) pieces of string, cloth strips, or hair ties
- Needle & thread, or bobby pin & sewing machine
- Scissors

- 1** Cut out the two 10" x 6" (26cm x 16cm) rectangles and stack on top of each other.



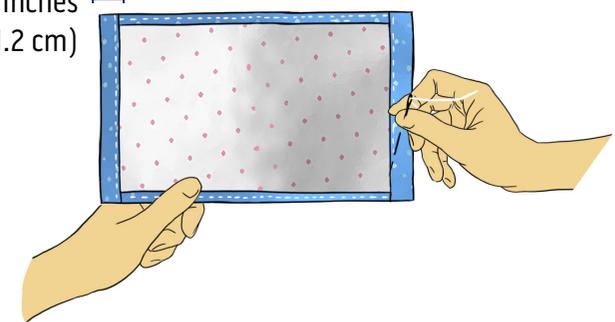
- 2** Fold the double layer of fabric over the long sides for 1/4 inch (0.6 cm) and stitch. This hem is to strengthen the mask.

1/4 inches
(0.6 cm)

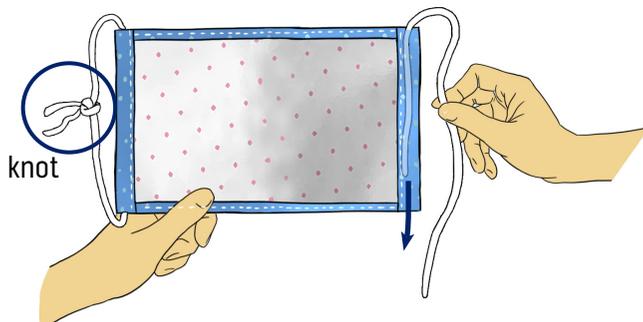


- 3** Fold over 1/2 inch (1.2 cm) along the short sides and stitch down. This hem is for the ear loops.

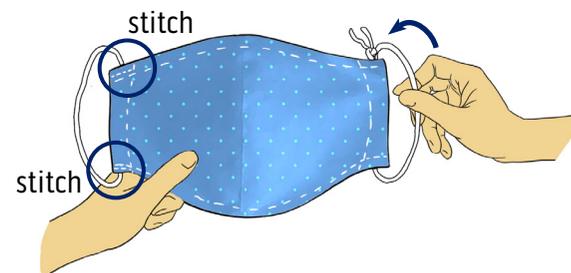
1/2 inches
(1.2 cm)



- 4** Make ear loops by threading a 6" (16cm) string through the wider hem on each side and knotting.



- 5** Pull on the ear loops so the knots are tucked inside the hem.



- 6**



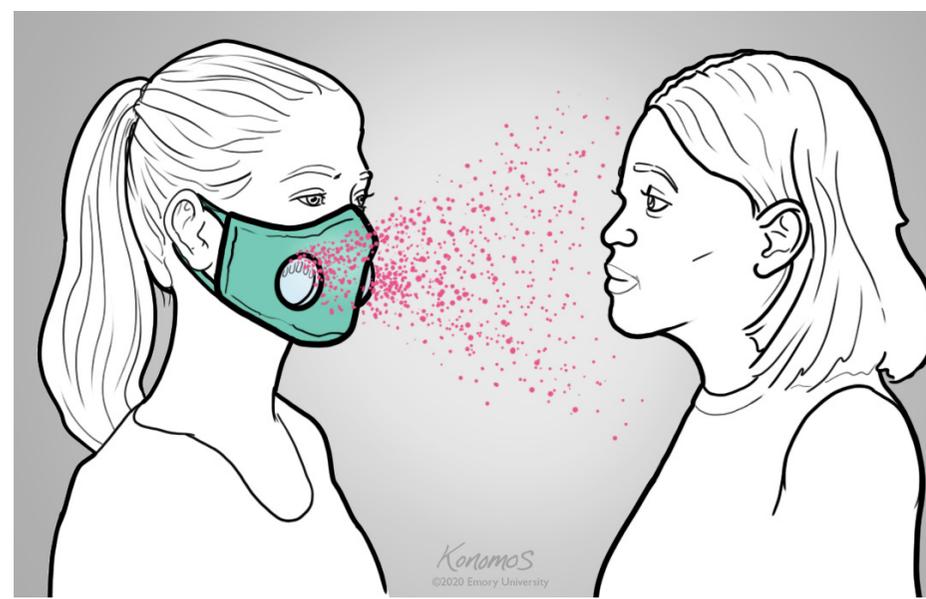
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Exhalation valves



DO NOT WEAR A MASK WITH AN EXHALATION VALVE

Most masks with exhalation valves do not have a filter built into the valve, so the moist air you exhale goes right out into the air around you. If you are an asymptomatic carrier than you could spread COVID to others.



Citations

1. Food and Drug Administration, information and comparison of surgical and N95 respirators.
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4. The Mayo Clinic, information on proper hand-washing technique.
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5. World Health Organization, technical brief on boiling water and sanitizing.
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