How to Wear a Homemade Face Mask to Protect Yourself and Others

Good hand hygiene and physical distancing are the best ways to prevent COVID-19 transmission. Masks can be used <u>along with</u> these practices to help lower the risk of transmission.

Mask should:

- Be made of 2 or 3 layers of breathable cotton fabric.
- Cover nose, mouth and chin tightly.
- Be washable. *(Obtain two masks to change out during washes.)*

Mask should <u>NOT</u>:

- Be shared with anyone.
- Be used if wet or damp.

Before putting on mask:

- Ensure mask is clean, dry, and undamaged.
- Wash hands with soap and water or hand sanitizer.

While the face mask is worn:

- Keep mask on when speaking, coughing or sneezing. Do not lower it.
- Keep hands away from mask, eyes, nose, and mouth.

When taking off mask:

Source: Greenstring Network

- Remove using string or ties on ears.
- Do NOT touch the front or any surface of the mask.
- Do NOT touch eyes, nose, or mouth.
- Place in laundry basket or washing tub immediately.
- Wash hands immediately.
- At the end of each day, wash mask in hot soapy water and dry mask completely.
- If you wear a disposable mask, cut it into pieces before discarding to prevent reuse by others.