All About MASKS

Germ leave your mouth, even when you talk. A mask prevents you from spreading many germs.

If you go out, wear a cloth mask. Some localities require it. If you are sick, stay home.

TOP 5 CLOTH MASK TIPS

1. Wear a cloth mask any time you are out in public. It should have two layers of dense fabric.

2. Masks should fit snugly, cover your mouth and nose, and allow you to breathe comfortably.

3. Wash your hands or use hand sanitizer:
   - Before you put on a mask.
   - After you touch or adjust a mask.
   - After you take off a mask.

4. Don’t share masks unless you wash & dry them first.

5. Wash masks daily with mild detergent. Dry in a hot dryer or sun.

DO

- Remove by the ear straps only.

DON’T

- Move, adjust, or touch the outside of your mask while wearing it.
- Pull it down below your nose or mouth

IF YOU ARE AT HIGH RISK

Homemade Cloth Face Mask

Can prevent you from spreading respiratory droplets
- Is better than no mask for protecting yourself and others

- Should homemade masks with filter. They may contain heparin filters.

Medical/Surgical Mask

- Needed for high-risk of exposure to diseases or care for someone with COVID-19
- Can prevent you from spreading respiratory droplets
- May stop large droplets from reaching your nose and mouth

LEAVE THESE MASKS FOR HEALTHCARE WORKERS

Medical surgical masks, if you are not at high risk of exposure
- N95 or KN95 respirators

Common breathing medical devices and respiratory safety wear in healthcare facilities

The patient information contained is generally supported by the best evidence available.