

CHS Mask Guide

QUICK TIPS FOR

A HEALTHIER U

MASKS - PERSONAL PROTECTIVE EQUIPMENT (PPE)

In addition to social distancing and hand-washing, MASKS are the most effective way to mitigate the risk of contracting COVID-19. Washable, reusable cloth masks made of multiple layers of fabric are recommended for the general public.

A face shield can be used as a supplemental layer of protection but is NOT a substitute for a mask.

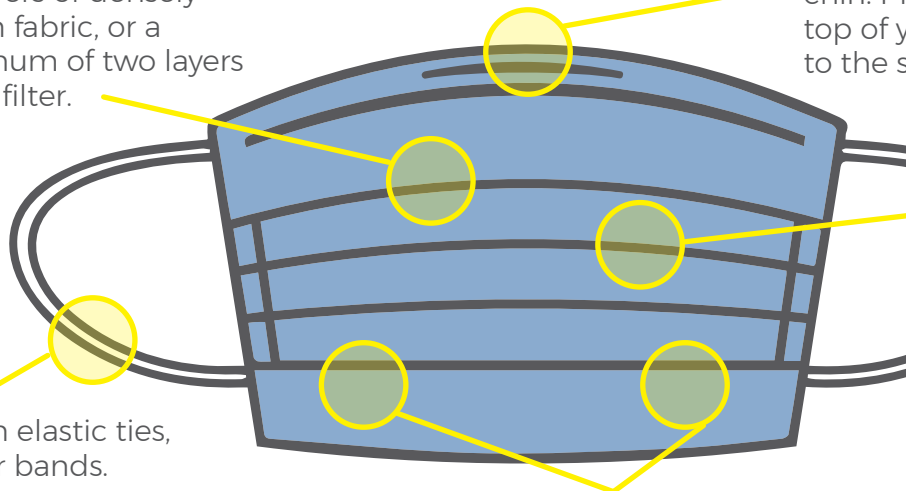
FIND THE RIGHT FIT

2-3 layers of densely woven fabric, or a minimum of two layers and a filter.

Fully cover nose, mouth and chin. Pinch the metal strip on top of your mask so it molds to the shape of your nose.

Carbon filters are designed to protect you from pathogens. Fiberglass-based filters are **NOT** meant for masks.

Secure with elastic ties, ear loops or bands.



Masks **WITHOUT** a vent provide better protection. Vented masks are **NO LONGER** allowed in many medical facilities.

THE WEAR AND CARE OF MASKS

Practice makes perfect. Set a good example to peers, children and all others by properly wearing and sanitizing your mask.

HOW TO PUT ON A MASK:

1. Clean your hands with an alcohol-based hand rub or soap and water.
2. Inspect the mask for tears or holes.
3. Place the mask on your face and pinch the metal strip so it molds to the shape of your nose.
4. Secure with elastic ties, ear loops or bands.
5. While wearing, do not touch the mask or your face.

HOW TO TAKE OFF A MASK:

1. Clean your hands with an alcohol-based hand rub or soap.
2. Remove the straps without touching the front of the mask.
3. Lean forward and pull the mask away from your face.
4. If disposable, discard the mask. If reusable, wash the mask.

HOW TO CLEAN A MASK:

1. Wash fabric masks with soap or detergent and water at least 60 degrees in temperature.
2. If hot water is not available, wash the mask in soap or detergent and room temperature water, then boil the mask for one minute. OR soak the mask in 0.1% chlorine for one minute and rinse the mask with room temperature water.
3. Set your mask aside to dry. Store the mask out of direct sunlight, excessive moisture or anywhere allergens could collect on the mask.