

Face Coverings: Do's and Don'ts

Effective Face Coverings:

- Include fabric, surgical, paper masks , etc.
- Fabric covers include multiple layers of fabric
- Fit snugly against the sides of your face
- Allow breathing without restriction
- Fabric covers can be laundered & machine dried without damage or altering shape

DO NOT use masks with exhalation valves!
Exhaled breath is released, offering no protection to others.



Face Covering Do's:

Donning:



Wash your hands before donning (20 seconds, soap and water)



Ensure the exterior of face covering is facing out



Use the ties or ear loops to put your mask on



Cover the bridge of your nose, your mouth, and secure under chin. Ensure you can breathe with ease

Taking Off:



Wash your hands before removing the mask



Use the ties or ear loops to pull your mask off



Wash your hands again after handling the used mask



If clean, dry and planned for re-use, store in a clean and dry separate containment area such as a paper bag (labeled with your name)



Face coverings should be changed when moist or potentially contaminated. Cloth face coverings can be washed and dried for re-use. Surgical or paper style face coverings should be disposed of

Face Covering Don'ts:



Don't forget to cover your nose. A mask that doesn't cover your nose won't contain droplets



Don't forget to cover your mouth, & chin. A mask that doesn't cover your mouth and chin won't contain droplets



Don't touch your face. Hands touch many surfaces and can pick up viruses. Then hands can transfer the virus to your face, from where the virus can move inside your body



Don't touch the front/outside of the mask. Try not to touch or adjust it once donned. The mask may not be sized correctly if you find it needs a lot of adjusting



Don't eat or drink while wearing the face mask. Remove and store the mask before eating and drinking.



Don't touch the inside of the mask, while taking it off. The outside surface should not come into contact with your face

Resources:

1. CDC: Cloth Face Coverings: Questions and Answers
2. CDC: Interim Guidance; How to Safely Wear and Take Off a Cloth Face Covering
3. University of Connecticut: Respiratory Protection Program