

Instructions for Medical Mask Use and Reuse



Removal of a medical mask with intent to reuse:

1. Perform hand hygiene per CDC recommendations below.
2. Remove mask: Remove medical mask by holding the ear loops. The front is contaminated, so remove slowly and carefully. Do not let loops touch your face.
3. After removing facemask, visually inspect for contamination, distortion in shape/form. **If soiled, torn, or saturated the mask should be discarded.**
4. If the facemask is NOT visibly soiled, torn, or saturated, carefully place into your selected container so that the outer surface is held inward and against itself. The mask can be stored between uses in a clean sealable paper bag or breathable container.
5. Perform hand hygiene per CDC recommendations.

To Put the Mask Back On:

1. Perform hand hygiene per CDC recommendations.
2. Grasp used mask at the ear loops with your fingers.
3. Place over face: Secure ear loops behind the ears and pinch mask over the bridge of nose to secure fit.
4. Perform hand hygiene per CDC recommendations.

Medical masks are not a substitute for social distancing, practicing good hand washing, and daily disinfection of frequently touched surfaces.

Perform Hand Hygiene per CDC Recommendations:

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|---------------|--|
| Wet | your hands with clean, running water (warm or cold), turn off the tap, and apply soap. |
| Lather | your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails. |
| Scrub | your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice. |
| Rinse | your hands well under clean, running water. |
| Dry | your hands using a clean towel or air dry them. |

Use of Cloth Face Coverings to Help Slow the Spread of COVID-19

How to Wear Cloth Face Coverings

Cloth face coverings should—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

CDC on Homemade Cloth Face Coverings

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), **especially** in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cloth face covering without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?

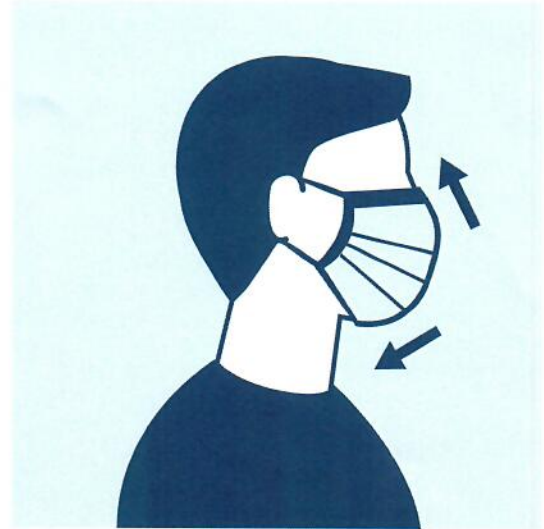
Yes. They should be routinely washed depending on the frequency of use.

How does one safely sterilize/clean a cloth face covering?

A washing machine should suffice in properly washing a cloth face covering.

How does one safely remove a used cloth face covering?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their cloth face covering and wash hands immediately after removing.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)