

# Instructions for Wearing a Cloth Face Mask

## Mask requirements

1. Should fit snug and comfortable against the side of the face
2. Must allow for breathing without restriction
3. Should include two layers of fabric
4. Wearing a cloth mask **does not replace the need to keep social distancing** of at least 6 feet
5. Do not place on children under the age of 2, on anyone who has trouble breathing, or is unable to remove the mask without assistance
6. Cloth masks are not to be used in direct patient care settings nor when conducting laboratory science research. Please contact EH&S to review your research activities and suitability of cloth masks in your activities.

### Step 1:



Wash hands with soap and water prior to masking. Stretch elastic over your head and place around neck. Blue side should be facing outwards.

### Step 2:



Cover your face with the mask and tie the ties around the top of your head.

### Step 3:



Once the mask is in place, use your index finger and thumb to gently form the bendable top edge of the mask around the bridge of your nose.

### Step 4:



Make sure the mask is secure and covers your nose and mouth so that the bottom edge is under your chin. Wash your hands after putting on mask.

## Mask removal:

### Step 1:



Wash hands with soap and water prior to removing mask. Untie the fabric ties at the top of your head and pull down in front of you.

### Step 2:



Pull up and overhead with the blue side facing out. Wash your hands after removing the mask.

## How to clean the mask

- Wash daily after an 8-hour work shift in a washing machine using the hot water setting and dry completely in a dryer.

## How to maximize prevention efforts:

In addition to wearing a mask do the following:

- Practice social distancing of at least 6 feet apart from others.
- Wash hands for at least 20 seconds with soap and water or use hand-sanitizer when soap and water is not immediately available.
- Avoid touching your face.
- Stay home and limit public outings to only essential, life-sustaining activities.