

# MASK USE AND MAINTENANCE

## WHAT SHOULD YOU CONSIDER WHEN CHOOSING A FACE COVERING?

### Masks should

Be fabric or disposable.

Be made more effective by inserting tissues, coffee filters, or paper towels inside a filter pouch, if available.



**Wash your hands before and after touching your mask!**

Masks should not expose your nose or mouth when talking or moving.

Masks should be at least two layers: a thick outer layer and a thinner inner layer of lower thread count to increase breathability.



Masks should have loops that can be tightly secured around ears or back of the head and be comfortable with no gaps around your nose and mouth.

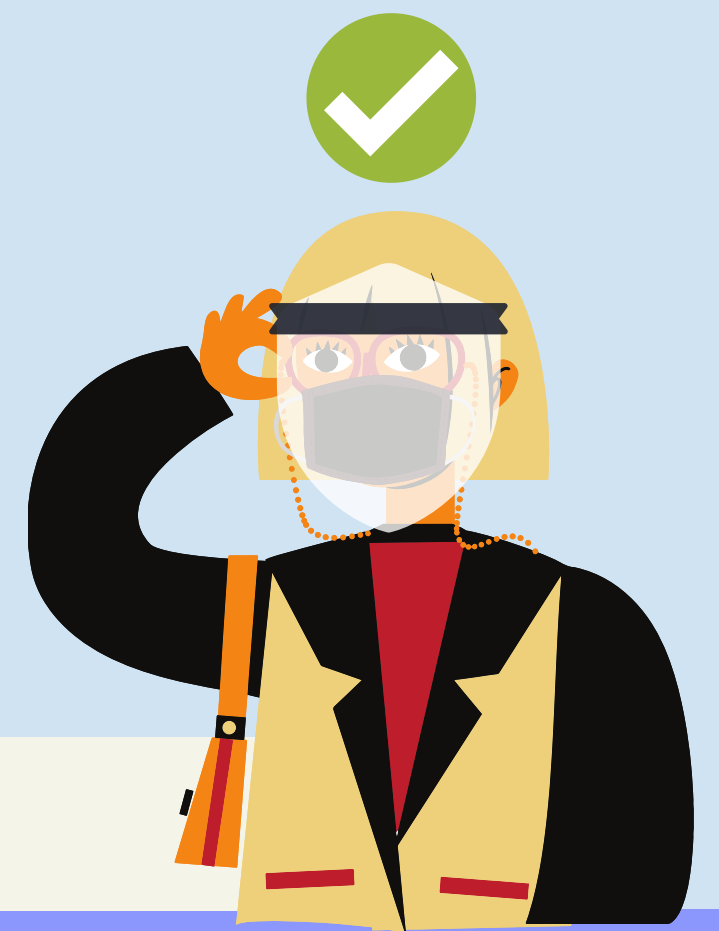
## WHAT SHOULD YOU AVOID WHEN CHOOSING A FACE COVERING?

- Avoid masks that you have to adjust or touch to keep them properly positioned on your face.
- Avoid masks with exhalation valves! They provide no protection for others when the mask-wearer exhales.
- Avoid masks that show pinpricks of light when held up to a bright light.



**Face Shields worn with a mask can offer additional protection against larger droplets produced from coughing and sneezing.**

**Using a face shield without a mask will not protect you or others from inhaling airborne particles.**



## HOW SHOULD YOU CLEAN AND MAINTAIN YOUR FABRIC MASK?

- Try to wash your mask in the sink with soap every night.
- Wash your mask in the washer once per week.
- Hang your mask out to dry every night after daily use.
- Remove filter before washing.



## HOW SHOULD YOU CLEAN AND MAINTAIN YOUR DISPOSABLE MASK?



- If your mask is falling apart or soaked with water it should be thrown away.
- Hang your mask to dry to ensure moisture is removed from mask before reuse.
- Store your used mask in a clean container for 72 hours before reuse.