

How to Wear a Cloth Face Mask/Covering

May 26, 2020

Prepared by Inclusion Saskatchewan's
Self Advocacy Committee

Information gathered from Centres for Disease Control and Prevention

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

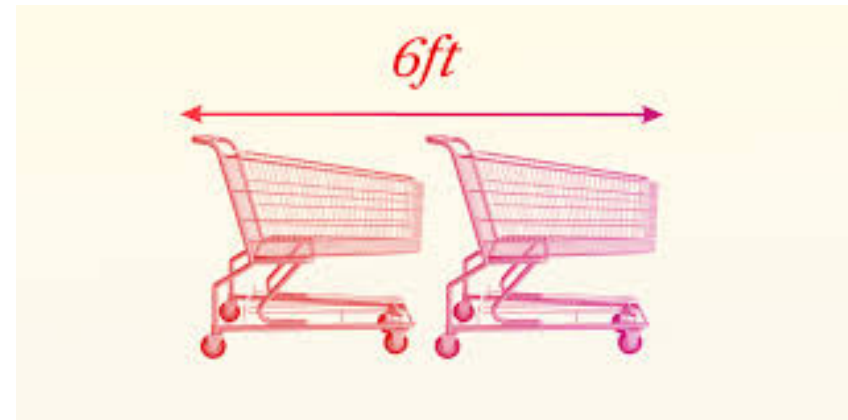
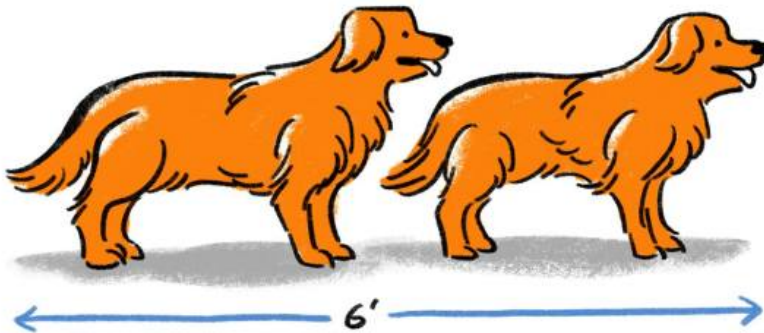


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The Centres for Disease Control and Prevention recommends that people wear a cloth face mask when you go somewhere where you cannot keep at least 6 feet between yourself and other people.

This means that you should be wearing a cloth face mask when you go to the grocery stores, stores, pharmacies, doctors appointments, medical appointments, hair dressers, barber shops, use public transportation, or anywhere where there is a large group of people.





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This guide will go over:

- How and when to wash your face mask
- Different types of face masks and coverings
 - How to wear a cloth face mask
- How to put the mask on and take it off safely
 - Storing your face mask



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What type of mask should I wear?

Medical professionals need the medical masks. Please pick a cloth face mask to wear and leave the surgical masks and N95 masks for front line health care workers.

Cloth face masks can be washed and reused. Surgical masks and N95 masks have to be thrown away after wearing once.





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The cloth face mask should

- ✓ Fit tight, but comfortably against the sides of your face
- ✓ Have enough fabric to pull down under your chin and cover your nose
- ✓ Have ear loops or ties that can go around your ears or head to keep it in place
- ✓ Allow you to still breath without any issues
- ✓ Should be able to be washed and dried in the laundry
- ✓ Should fit comfortably so it doesn't slip or need adjusting





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When not to use a cloth face mask

- ✓ Don't use on a young child under the age of 2
- ✓ Don't use if you have difficulties breathing
- ✓ Don't use if you can't remove the mask yourself
- ✓ Don't put on an unconscious person
- ✓ Don't use on someone who is unable to wear one because of medical reasons





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How do I put on the mask?

Putting on a mask



1. Use a clean mask.

2. Wash your hands with soap and water or use hand sanitizer before touching your mask.



3. Pick up mask by touching ear loops (or ties) only.

4. Don't touch the fabric of the mask.



5. Hold both ear loops and place a loop around each ear.

6. Make sure the mask covers, nose mouth and chin.



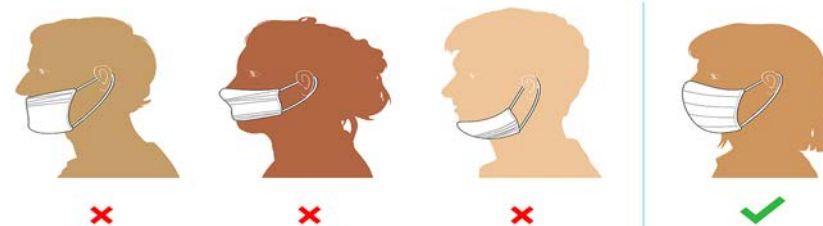
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Wearing a mask

- ✓ Don't wear the mask around your chin or neck. Make sure the mask is all the way on.
- ✓ Don't wear a cloth face mask inside out until it has been washed properly.
- ✓ Don't take the mask off to talk to someone, sneeze or cough.
- ✓ Make sure the mask covers your nose, mouth and is pulled down over chin.
- ✓ Replace the mask with a clean one if the mask is wet or dirty.
- ✓ Don't reuse a dirty mask, make sure it is washed in between uses.
- ✓ Don't touch your face or the mask while you are wearing it.
- ✓ If you have to touch the mask, make sure and use hand sanitizer or wash your hands right away.
- ✓ Still keep at least 6 feet between you and others.
- ✓ Don't share your mask with others even family members.
- ✓ Don't wear the surgical or N95 masks inside out.

DOs AND DON'Ts OF WEARING A MASK





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Removing the mask



- 1) Grab the ear loops of the mask only and lift them off your ears.
- 2) Pull the bottom of mask away from your mouth and chin.
- 3) Don't place the dirty mask on any counters or surfaces.
- 4) Place the mask in a plastic bag until you can wash it.
- 5) Wash the mask before using it again.
- 6) If it is a single use mask, throw it right into the garbage can.
- 7) Wash your hands for at least 20 seconds with soap and water or use hand sanitizer when soap and water is not available.



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Washing your cloth face mask

Before you wear your mask for the first time and each time after you wear it you need to wash your mask.

If you have a washer and dryer:

Wash the mask after use in your washing machine with laundry detergent. Dry completely in a hot dryer.

If you don't have a washer and dryer:

Fill the sink with very hot water (71 degrees C) and soak the mask in the water with soap or laundry detergent. Rinse the mask well with cold water to get rid of all the soap and hang to dry.

OR

Soak the mask for 5 minutes in a mixture of 2 tablespoons of bleach and 4 cups of water. Rinse well and hang to dry.



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Storing your mask

- ✓ You should be the only person touching your masks.
- ✓ Don't share your face mask with anyone else.
- ✓ Once you have cleaned it, put it in a clean bag until you are ready to use it.





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Summary

Do	Don't
Wear a mask when you are going somewhere that you can't keep 6 feet between you and other people.	Use surgical or N95 masks as health care professionals need those.
Choose a cloth face covering.	Wear a dirty or wet mask.
Make sure your mask is clean before wearing it.	Put your mask under your chin or around your neck.
Wash your hands before putting on and after taking off the mask	Take your mask off to talk to someone, sneeze or cough.
Only touch the straps of the mask	Put a dirty mask on your counter.
Store your mask in a clean bag until you are ready to use it.	Reuse disposable masks.
Put your dirty mask in a bag until you can wash it	Share your mask with others.



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Important reminders for anywhere you go:



- Keep at least 6 feet between you and everyone else at all times.



- Stay home if you are sick or you have been around someone sick.



- Wash your hands or use hand sanitizer after you leave each store.



- Don't touch your eyes, nose or mouth in public. Only touch your face with clean hands.



- Wear a face mask when you cannot stay 6 feet apart from others.