## MASKS

### How are types of masks different?

#### Cloth Mask

<table>
<thead>
<tr>
<th><strong>Pros</strong></th>
<th><strong>Cons</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Keeps other safe by preventing exhalation of viral particles</td>
<td>Less filtration</td>
</tr>
<tr>
<td>Washable and reusable</td>
<td>No airborne particle protection</td>
</tr>
<tr>
<td>Easy to make on your own</td>
<td>Susceptible to some droplets</td>
</tr>
</tbody>
</table>

#### Procedure Mask

<table>
<thead>
<tr>
<th><strong>Pros</strong></th>
<th><strong>Cons</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>May offer some additional protection if others don’t mask</td>
<td>Not designed for multiple uses</td>
</tr>
<tr>
<td>Medical grade certified</td>
<td>Healthcare providers need them</td>
</tr>
<tr>
<td>Affordable and disposable</td>
<td>Doesn’t filter airborne particles</td>
</tr>
</tbody>
</table>

#### N95 Respirator

<table>
<thead>
<tr>
<th><strong>Pros</strong></th>
<th><strong>Cons</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Dense filter</td>
<td>Harder to breathe</td>
</tr>
<tr>
<td>Filters airborne particles and droplets</td>
<td>Healthcare providers need them</td>
</tr>
<tr>
<td>Medical grade certified</td>
<td>Require training to wear properly</td>
</tr>
</tbody>
</table>

### Did you know?

Some masks and respirators have **exhalation valves**. These are not acceptable during COVID because they can release viral particles in the air.

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What to do when...?

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**I’m hot, thirsty, or hungry**

**Cool down**

If you feel hot, take off your mask without touching your face and take a break.

**Really hydrate**

Drink plenty of water before putting your mask on.

**Eat enough**

Eat enough in one setting to stay energized.

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**Foggy glasses**

This means air is escaping from your mask. Wash hands and refit mask in a designated safe area.

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**I need to make/answer this call**

**Use ear buds**

Hold your phone away from your face and mask.

**Speaker phone**

Turn up the volume or put on speaker phone.

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Did you know??

Batching your breaks is the best and safest idea. The more you take on and off your mask, the less effective of a barrier it is.
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What to do when...?

This feels uncomfortable on my skin

**Wash up**
Wash your face before and after wearing your mask.

**Moisturize**
Apply lotion or vaseline after washing your face to protect your skin.

**Au naturel**
Avoid wearing makeup under your mask.

**Drink up!**
Drink water to help moisturize your skin from the inside out.

**Roll it in**
Consider using a skin protectant approved for facial use if skin is irritated.

**Get crafty**
Use handmade ear savers so the mask straps won’t put too much pressure on your ears.

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Did you know??

Making your cloth mask out of cotton fabric is affordable, as well as helping it be more breathable and comfortable against your skin.

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When wearing a mask, do not:

- **Pull** below chin or **hang** around neck
- **Pull** below nose
- **Leave** straps hanging or **hang** from one ear
- **Touch** outside of mask or **touch** phone to mask
- **Wear** on forehead
- **Remove** mask to cough or talk

Did you know ??

Touching your face is a subconscious habit that is often a response to feeling stressed. Take deep breaths and time to relax so you touch it less often.
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How to take your mask on and off

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**Properly putting on masks**

1. **Wash** your hands and **sanitize** if you can.

2. **Make sure** your mask fits properly and feels comfortable. **Talk** and make sure the mask doesn’t slip.

   You don’t want to readjust once it’s on.

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**Properly taking masks off**

1. **Try not to touch** your face when you remove mask.

   **X**

2. **If** you are reusing mask, it can be helpful to **store** it in a paper bag. **Fold** mask with inside surface facing outside.

3. **Wash** your hands or **sanitize** after handling your mask.

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Did you know??

It takes at least 20 seconds to wash your hands properly? Sing “Happy Birthday” to yourself two times while scrubbing them with soap and water if you don’t have a timer.
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Properly handle your mask

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### Cleaning Mask

**To wash or not to wash?**

Surgical masks and N95 respirators will break down in a washing machine or with scrubbing.

Washing your cloth mask in a washing machine is sufficient to get it clean.

**Dry**

Hang to dry and store in a bag when completely dry.

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### Storing Mask

When storing your mask, fold your cloth or surgical mask in half and place in a paper bag.

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### Disposing of mask

**When to discard**

Cloth masks can be reused many times. Clean it regularly and immediately if it gets soiled.

If you are wearing a procedure mask - discard if it becomes visibly soiled.

**Wash hands or sanitize**

Your hands must be cleaned after handling your mask. Be sure to wash your hands, and sanitize before doing anything else.

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**Did you know?**

The heat cycle of most washing machines and is effective for degrading most viruses.
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Making your own cloth mask (w/o sewing)

### Materials
- 20” x 20” (50cm x 50 cm) cotton cloth (Bandana, T-shirt)
- Coffee filter
- Two hair ties
- Scissors

1. Cut the bottom off a folded coffee filter. Keep the top part

2. Lay 20” x 20” (50cm x 50 cm) cloth flat in a rectangle. Fold the cloth in half.

3. Fold the cut filter in the center of the folded cloth.

4. Fold the top down. Fold the bottom up.

5. Place hair ties around the folded cloth, 6 inches apart.

6. Fold the side of the cloth in toward the middle and tuck.

7. Place the mask over your mouth and nose.

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Making your own cloth mask (sewing)

1. Cut out the two 10” x 6” (26cm x 16cm) rectangles and stack on top of each other.

2. Fold the double layer of fabric over the long sides for 1/4 inch (0.6 cm) and stitch. This hem is to strengthen the mask.

3. Fold over 1/2 inch (1.2 cm) along the short sides and stitch down. This hem is for the ear loops.

4. Make ear loops by threading a 6” (16cm) string through the wider hem on each side and knotting.

5. Pull on the ear loops so the knots are tucked inside the hem.

6. Materials

- Two 10” x 6” (26cm x 16 cm) rectangles of tightly woven cotton fabric
- Two 6” (16 cm) pieces of string, cloth strips, or hair ties
- Needle & thread, or bobby pin & sewing machine
- Scissors
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**Exhalation valves**

**DO NOT WEAR A MASK WITH AN EXHALATION VALVE**

Most masks with exhalation valves do not have a filter built into the valve, so the moist air you exhale goes right out into the air around you. If you are an asymptomatic carrier than you could spread COVID to others.
Learn more about MASKS

Citations

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