



# MASKS FOR HUMANITY

## I have a mask, now what?

I'm so glad you have a mask! Wearing a mask in public will help keep you and those around you safe. Put together by Kristen Jaglo, here are some mask-wearing tips from the CDC:

### HOW TO PUT ON A FACE MASK <sup>1</sup>

1. Clean your hands with soap and water or hand sanitizer before touching the mask.
2. If multiple people in your family are wearing masks, write names on the inside of the mask with a Sharpie so there is no cross-use of masks!
3. Determine which side of the mask is the top. The side of the mask that has a stiff bendable edge is the top and is meant to mold to the shape of your nose. (The masks I make have a pipe cleaner sewn in the top of the mask for a closer fit.)
4. Hold the mask by the ear loops. Place a loop around each ear.
5. Mold or pinch the stiff edge to the shape of your nose for a fit as close to your nose as possible.
6. Pull the bottom of the mask over your mouth and chin. Pull mask taut to face to minimize air leaks!

### HOW TO REMOVE A FACE MASK

1. Clean your hands with soap and water or hand sanitizer before touching the mask. Avoid touching the front of the mask. The front of the mask is contaminated. Only touch the ear loops.
2. Hold both ear loops and gently lift and remove the mask.
3. Put mask down in designated area for contaminated things.
4. Clean your hands with soap and water or hand sanitizer.

### HOW TO WEAR A FACE MASK <sup>2</sup>

1. Once your face mask is on and you have left your "clean area" (your home) do NOT touch your mask or your face.
2. Do not adjust, move, remove or play with your face mask in any way.
3. If you simply must make an adjustment, use the back of your hands or your arm.

### HOW TO CLEAN A FACE MASK <sup>3</sup>

1. Boil water (we use a Pyrex 4 cup measuring cup).
2. Add soap.
3. Put in mask and agitate (we use a chop stick).
4. Let sit for 10 minutes.
5. Rinse out with cool water.
6. Hang to dry (we spin our masks in a salad spinner to get out most of the water before we hang them).
7. Wash hands.

If you are making a mask for someone else, please include these tips and a note of support. We could all use a little extra support these days!

   @MASKS4HUMANITY

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1. <https://www.sfcddp.org/communicable-disease/healthy-habits/how-to-put-on-and-remove-a-face-mask/>

2. <https://www.nytimes.com/2020/04/08/well/live/coronavirus-face-mask-mistakes.html>; <https://www.nytimes.com/2020/04/10/well/live/coronavirus-face-masks-guides-protection-personal-protective-equipment.html?smid=em-share>

3. Data from: Chin, A., Chu, J., Perera, M., Hui, K., Yen, H. L., Chan, M., ... & Poon, L. (2020). Stability of SARS-CoV-2 in different environmental conditions. medRxiv. <https://www.sciencedirect.com/science/article/pii/S2666524720300033?via%3Dihub>