

How to use, store, and re-use your protective mask

The Centers for Disease Control and Prevention (CDC) recommends wearing cloth face coverings in public where other physical distancing measures are difficult. A significant portion of individuals infected with coronavirus lack obvious symptoms and can transmit the virus to others before showing symptoms. Wearing a mask also helps the wearer avoid touching their face, which helps reduce transmission.

Putting your mask on:

1. Clean your hands with soap & water or an alcohol-based hand sanitizer before you touch the mask.
2. Do not touch the side of the mask that will touch your face.
3. When your mask is on, wash your hands with soap & water or an alcohol-based hand sanitizer.

Cloth Masks

- a) Hang mask around your neck; don't let the drape on your clothing.
- b) Pull material up towards your neck.
- c) Flip material over to cover your face. Tighten straps as you rest the top of the mask over your nose.
- d) Tie the straps tight behind the top of your head. Tighten the nose clip firmly around nose.

Surgical Masks

- a) Hold your mask by the ear loops, place it over your mouth & nose, & press the top edge against the top of your nose, like a pair of glasses, for a snug fit.
- b) If your mask has ties instead of ear loops, tie the upper ties first, then the lower ones.

Taking your mask off:

1. Before you touch mask, clean your hands with soap & water or an alcohol-based hand sanitizer.
2. Do not grab your mask by the front. Pull the mask off using both ear loops or by untying the lower ties, then the upper ones.
3. Use the loops or upper ties to pull the mask away from your face & body.
4. Carefully fold your mask with the outside showing (the inside should be touching itself).
 - Do not fold N95 style masks, only flat or pleated (surgical style) masks.
5. Put your mask in the paper bag.
6. Clean your hands with soap & water or an alcohol-based hand sanitizer.

Storing your mask:

1. Discard any mask that is obviously damaged or becomes hard to breathe through.
2. You can store & use a mask for up to five (5) work shifts, then you must discard it.
3. Write your name on the edge of your mask & your name & date on your mask storage bag.
4. Allow the top of your bag to be slightly open so air can get it.
5. Do not store your bag in your locker or other workplace. They should go in a designated container provided by your work unit.

Additional Resources:

Visit: bit.ly/CHMaskTips

** This information comes from the CDC, State Health Departments, and UNC Health.

Putting your mask on



Taking your mask off

