

“Everyone Gets a Mask!”

Wearing and Caring for Cloth Face Masks - General Public

Note: The on-line version at www.webility.md/masks can be downloaded to print additional copies of these brief instructions. The website also has more detailed instructions for mask wear and care. This version: 4/14/2020

Congratulations! You now have one or more high quality homemade cloth masks that were made by your local “Everyone Gets a Mask!” project team. **Thank you** for being willing to wear a mask!

As of April 3, 2020, the CDC recommends that all of us wear cloth masks when we go outdoors or will be around other people. Studies have now shown that people who feel entirely well can be infected with coronavirus – and can pass the infection to others by just acting normally – breathing and talking. That’s why we are all wearing masks now. Motto: “I protect you; you protect me!”

Your mask: The well-made homemade cloth mask you have received will provide basic protection. It will block between 50 and 90% of the respiratory particles that are emitted by people infected with COVID-19, depending on the size of the particles -- less protection than commercial masks, but much better than no protection at all!

How to make it work right: In order to be protective, your mask must:

- Cover **both** your nose and mouth and tuck under your chin. Pleats should open downward.
- Fit snugly but comfortably, minimizing air leaks at the bridge of the nose and the sides.
 - If your mask has bendable material at the bridge of the nose, bend it to fit the shape of your face.
 - You can also reduce air leaks at the nose and sides by taping it to your face – but tape can cause skin irritation. Use one of the skin-friendly medical tapes (e.g., paper tape).
- Video: putting on / taking off mask with ear loops. Note: Model demonstrates **WRONG** way first.
 - www.youtube.com/watch?v=OABvzu9e-hw
- Video: putting on / taking off rectangular mask with cloth ties:
 - www.youtube.com/watch?v=9VbojLOQe94

How to avoid contaminating yourself: Assume worn masks are covered with virus particles until laundered.

- Write your name on your mask with a marker to be sure no one else uses it by mistake.
- Write “top” or “nose” on the mask **INSIDE** (if that has not already been done) so you always put it on the right way. Rule of thumb: solid color inside; pattern outside.
- Be careful when removing your mask. Don’t touch the outside; presume it is contaminated. Learn how to do it correctly step-by-step on the Everyone Gets a Mask website, or use the method taught at work.
- Store and carry your masks separately from other items -- in a clean paper bag with your name on it.
- Do not share homemade cloth masks (or covers for N95 masks) with other people unless you work for an organization that will be sterilizing / laundering them between each use.

Warnings -- other hazards: Masks may reduce visibility by fogging up eyeglasses. Long mask ties may get caught or entangled in machinery and pose a strangulation/choking hazard. Masks should not be worn by babies, small children, or people with lung or heart problems who cannot tolerate any extra effort to breathe.

How to care for masks: After wearing, disinfect masks with dilute chlorine bleach and wash in hot soapy water. Wear plastic gloves to protect from bleach and wash hands carefully afterwards. See more detailed instructions on the Everyone Gets a Mask website. Note: Look for “sodium hypochlorite” on bleach bottle.

- Hand washing: Soak in a dilute chlorine bleach solution (4 tablespoons/quart) before washing with gentle scrubbing in hot soapy water; dry in a hot dryer or on a line.
- Machine washing: Launder in hot water and manufacturer’s recommended amounts of bleach and detergent; dry in hot dryer.

See more detailed information about all of the above on the Everyone Gets a Mask! website.