

Mask Guidance

from the CDC

Selection

Selecting the right mask is almost as important as wearing a mask.

DO choose masks that



Have two or more layers of washable, breathable fabric



Completely cover your nose and mouth



Fit snugly against the sides of your face and don't have gaps

DO NOT choose masks that



Are made of fabric that makes it hard to breathe, for example, vinyl



Have exhalation valves or vents, which allow virus particles to escape



Are intended for healthcare workers, including N95 respirators or surgical masks

Special Situations: Glasses



If you wear glasses, find a mask that fits closely over your nose or one that has a nose wire to limit fogging

Mask Alternatives

There are lots of mask alternatives and many are unproven. ***The City of Durham will only allow face masks to be worn in City of Durham facilities and job sites.***

Caution: Gaiters & Face Shields



Evaluation is on-going but effectiveness is unknown at this time



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Do's and Don't for Wearing a Mask

Do

- Wash your hands before putting on your mask.
- Keep your hands off your mask while wearing it.
- Make sure your mask covers your nose and mouth
- Your mask should be secured under your chin



Do NOT wear a mask



Around your neck



On your forehead



Under your nose



Only on your nose



On your chin



Dangling from one ear



On your arm

Wearing a mask any way other than in the manner described above is like not wearing a mask at all.

Mask Removal and Care

How to take off a mask



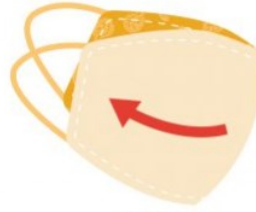
1

Carefully, untie the strings behind your head or stretch the ear loops



2

Handle only by the ear loops or ties



3

Fold outside corners together



4

Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing

Masks should be washed after being worn.

- Include your mask with your regular laundry.
- Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the mask.
- Use the highest heat setting and leave in the dryer until completely dry.

