

# WEARING FACE MASKS

DURING THE TIME OF COVID-19

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WEARING A FACE MASK CAN HELP STOP THE VIRUS FROM SPREADING



## YOUR TO DO LIST

- SOCIAL DISTANCING
- FREQUENT HAND WASHING/SANITIZING
- AVOID TOUCHING YOUR FACE
- COUGH/SNEEZE INTO YOUR ELBOW (EVEN WHEN WEARING A MASK)
- ALWAYS HAVE A FACE MASK IN PUBLIC PLACES

SYMPTOMS OR NO SYMPTOMS- COVID-19 CAN CAUSE HOSPITALIZATION OR DEATH

## ★ PUTTING IT ON

WASH YOUR HANDS BEFORE PUTTING ON A CLEAN MASK



## ★ TAKING IT OFF

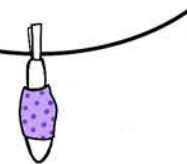
REMOVE BY THE EAR STRAPS ONLY, EAR TO EAR

## ★ TAKING IT OFF IN PUBLIC

DON'T SIT IT DOWN JUST ANYWHERE, STORE IT IN A CLEAN PAPER BAG

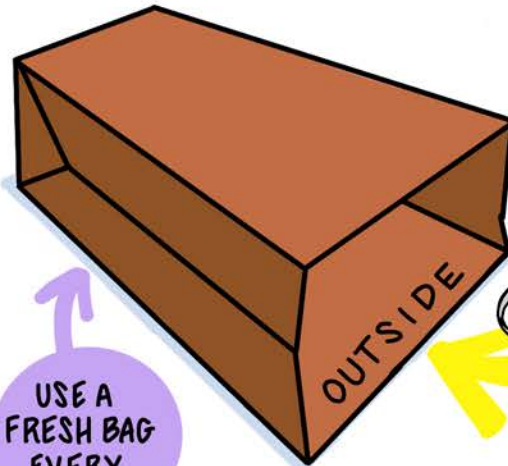
## ★ WASHING IT

CLOTH MASKS CAN BE PUT IN THE WASHING MACHINE OR WASH THEM BY HAND AND HANG TO DRY

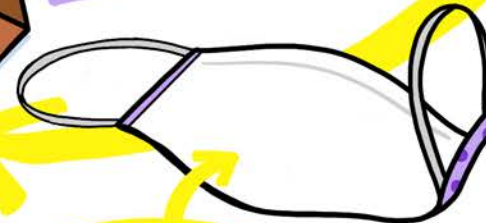


★ IF YOU HAVE SENSITIVE SKIN, USE DETERGENT THAT IS FRAGRANCE FREE

USE A FRESH BAG EVERY DAY



WRITE "OUTSIDE" ONTO ONE SIDE OF THE INTERIOR OF THE BAG



INSIDE - SIDE THAT TOUCHES YOUR FACE

OUTSIDE - SIDE THAT PEOPLE SEE



★ TRY NOT TO USE YOUR PHONE- IT CAN CONTAMINATE YOUR MASK, AS WELL AS YOUR HANDS



★ WEARING A MASK CAN CAUSE A RASH. IF THAT HAPPENS, DECREASE THE TIMES YOU NEED TO WEAR ONE

★ IF YOU HAVE ANXIETY, BREATHING ISSUES OR FEEL RESTRICTED, TAKE YOUR MASK OFF



★ KIDS UNDER 2 DON'T NEED MASKS