

## Care and Cleaning of Face Masks

### How to Wear Face Mask:

- Wash your hands before putting your face mask on.
- Put mask over your nose and mouth and secure it under your chin.
- Try to fit it snugly against the sides of your face.
- Avoid putting the face mask around your neck or up on your head.
- Avoid touching the outside front of the face covering. If you do, wash your hands or use hand sanitizer to disinfect.

### How to Remove Face Mask:

- Untie the strings behind your head or stretch the ear loops away from your face.
- Handle mask only by the ear loops or ties.
- Fold outside mask corners together so the outer surface is inward, and against itself
- Store folded mask between uses in a clean paper bag or plastic bag
- Be careful not to touch your eyes, nose, and mouth when removing.
- Wash hands immediately after removing.

### How to Clean or Dispose of Face Mask:

- Cloth face coverings need to be washed daily
  - Wash mask in hot water and soap either by hand or in the washing machine
  - Allow mask to dry before wearing again
- Surgical masks need to be discarded after each day's use.

CDC Face shields

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html>