

# Mask Etiquette and Care: What You Need to Know

So if we're going to be dedicated to wearing masks, it only makes sense that we know just **HOW** to wear them and clean them so we can get the most use out of them.

## The right way to wear your face mask

- Wash your hands before putting on your mask.
- Put it over your nose and mouth and secure it under your chin. This is an important one to remember since many people are observed having their noses poking out.
- Try to fit it snugly against the sides of your face. Shorten the loops or ties if necessary.
- Make sure you can breathe easily.
- Don't touch the face covering and, if you do, wash your hands.

## When you get home, remove your face mask *carefully*

- Stretch the ear loops or untie the strings behind your head.
- Handle only by the ear loops or ties.
- Fold outside corners together. Store in a clean paper bag or breathable container. Never leave the mask out on the shelf or hang it on a hook.
- Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing.

## Keep your cloth face mask clean!

Wearing a cloth mask? You should wash it after EVERY use. Simply put it in the washing machine with a regular load of laundry. You can use normal detergent and the warmest appropriate water setting for the kind of cloth you have. Dry your mask on the highest heat setting in the dryer or you can lay it flat or on a clothesline in the sun. Make sure your mask is completely dry before wearing it.

## What about paper or surgical masks?

Wearing a paper mask? Throw it away after each use; paper or surgical masks are designed to be used only ONCE! If it is necessary to reuse the mask, follow these steps:

- If the mask becomes moist, damaged, visibly soiled, or difficult to breathe through, it should be discarded.
- To reuse the mask, fold it so that the outer surface is held inward against itself. Store in a clean paper bag or breathable container at room temperature for seven days.

## Need to sneeze?

Sneeze into the mask. Remove the mask as above. Wash your hands. Wash cloth masks before reusing. Dispose of paper masks.