

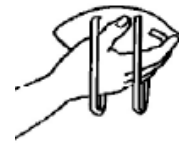
## PROTECTIVE MASKS

### Things to know

- Beards or other facial hair may interfere with the direct contact between your face and the mask
- **Below are best practices for using N-95 masks—follow these general steps when using other types of protective masks (straps may differ)**
- Do not share masks

### 1) Prep

- ✓ Wash your hands for 20 seconds or use hand sanitizer
- ✓ Inspect mask for damage—verify all components are in good condition (straps, nose piece, etc)
- ✓ Hold the respirator in one hand, with the nose piece at the fingertips; let the head straps hang loosely in front of mask



### 2) Don

- Place mask under the chin, with the nosepiece up
  - While holding the mask with one hand, pull the top strap over your head, resting it at the top back of your head
  - Pull the bottom strap over your head, and place it around your neck, below your ears



### 3) Adjust

- Using both hands, mold the nose piece to the shape of your nose by pushing inward with your fingertips



### 4) Check



- ✓ Cover mask completely w/both hands & exhale sharply--if air blows on your face or eyes, follow Step #3 to readjust
- ✓ Do not use the mask until you pass the seal check (there should be no leakage)

### 5) Clean

- Wash your hands for 20 seconds or use alcohol-based hand sanitizer

**N-95 masks** are air-purifying respirators with a filter efficiency level of 95% or greater against particles larger than 0.3 microns in size, such as:

- Dust
- Fumes
- Mists
- Tuberculosis bacteria
- COVID-19 & influenza virus

They do *not* protect from chemical vapors and gases or high-risk aerosol-generating surgical procedures.

## MASK REMINDERS



### Things to know

- The CDC acknowledges that the shortage of PPE may require workers to re-use masks
- **Do not touch the inside of your mask**
- Put your name/ID on your mask and/or storage container

### To remove

- Hold mask with one hand (gloved, if possible)
- With the other hand, pull the bottom strap over your head
- Then pull the top strap off

### Storage between uses

- Keep in a clean, breathable container:
  - Paper bag
  - Disposable plastic food-type (poke holes for air flow)
- One mask per container—do not let used masks to touch each other
- Replace or clean containers regularly

### Stay safe

- ❖ Wash your hands or use hand alcohol-based sanitizer before & after touching or adjusting your mask
- ❖ When possible, use a pair of clean, non-sterile gloves to don the used mask and check the seal; discard gloves afterward



### Options for cleaning your mask\*

- Microwave-generated steam (do not use if mask contains metal):
  - 1100 – 1250 W (40 sec – 2 min)
- Microwave steam bags (do not use if mask contains metal):
  - 1100 W (90 sec, bags filled with 60 mL tap water)
- Oven method:
  - Bake at 158 degrees for 30 minutes

\*Cleaning options are suggestions and have not been proven.  
Provided for informational purposes only; this does not replace medical training or legal advice.  
Sourced from the CDC, Stanford University, and other healthcare institutions. For more information, visit <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>.  
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