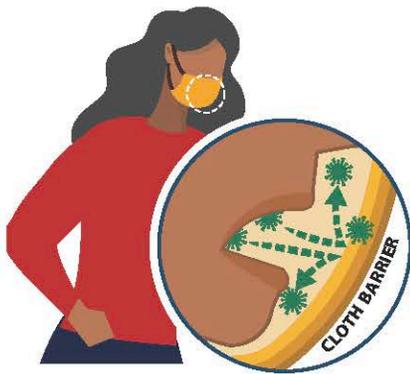
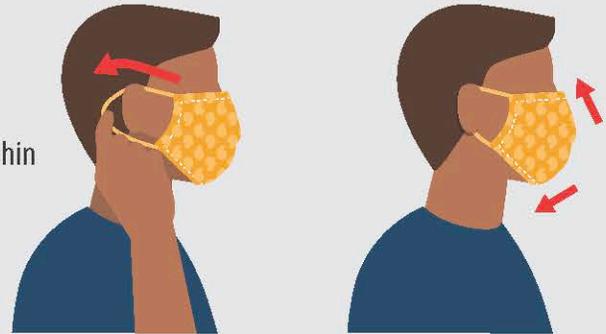


How to Safely Wear and Take Off a Cloth Face Covering

Accessible: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

WEAR YOUR FACE COVERING CORRECTLY

- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Do not place a mask on a child younger than 2



USE THE FACE COVERING TO HELP PROTECT OTHERS

- Wear a face covering to help protect others in case you're infected but don't have symptoms
- Keep the covering on your face the entire time you're in public
- Don't put the covering around your neck or up on your forehead
- Don't touch the face covering, and, if you do, clean your hands

FOLLOW EVERYDAY HEALTH HABITS

- Stay at least 6 feet away from others
- Avoid contact with people who are sick
- Wash your hands often, with soap and water, for at least 20 seconds each time
- Use hand sanitizer if soap and water are not available



TAKE OFF YOUR CLOTH FACE COVERING CAREFULLY, WHEN YOU'RE HOME

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine
- Wash your hands with soap and water



Cloth face coverings are not surgical masks or N-95 respirators, both of which should be saved for health care workers and other medical first responders.

For instructions on making a cloth face covering, see:

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

A GUIDE FOR PARENTS

Children & Face Masks

To slow the spread of the Coronavirus, children over the age of two should wear face masks. Discuss the importance of wearing a mask with your child. Find out what they like and dislike about wearing one including their preferences on color and type. This will make wearing a mask more comfortable.



FACE MASKS FACTS

WHY The Coronavirus spreads when a person breathes, coughs, or sneezes. Wearing a mask can reduce the spread between people.

WHO Children over the age of two should wear face masks. Children under two and those with breathing challenges should not wear face masks.

HOW Both the nose and mouth should be covered when wearing a mask. When you are done using the mask, dispose of it in the trash and wash your hands. Wash cloth masks in the washing machine.

WHERE Wear face masks when you are close to others, especially public places such as banks, stores, and restaurants.

TYPE OF MASK Use the mask that makes your child most comfortable.



Face Mask

*Recent studies have shown that neck gaiters are not as effective as the more traditional face masks.

MAKING IT COMFORTABLE

ANXIOUS ABOUT WEARING A MASK

Discuss any fears your child may have such as difficulty breathing, feeling hot, or itchiness.

Some ways to help make your child more comfortable include:

- Making masks together and decorating them
- Experiment with different fabrics
- Let them choose their own mask
- Seeing other family members wear masks

HOW TO GET USED TO WEARING A MASK

Try “setting a timer” and start wearing a mask with your child at home. By incrementally increasing the time, your child will get used to wearing a mask.

REWARD THEIR EFFORT. Find fun ways to reward your child for when they demonstrate the proper way to wear a mask.

HOW TO MAKE A MASK:

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/DIY-cloth-face-covering-instructions.pdf>

Patience is a must. It could take days or weeks for your child to get used to wearing a mask. Seek help from your health care provider if you need support.

McLeod Health

Facemask Do's and Don'ts

For Healthcare Personnel

When putting on a facemask

Clean your hands and put on your facemask so it fully covers your mouth and nose.



DO secure the elastic bands around your ears.



DO secure the ties at the middle of your head and the base of your head.

When wearing a facemask, don't do the following:



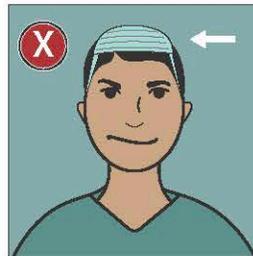
DON'T wear your facemask under your nose or mouth.



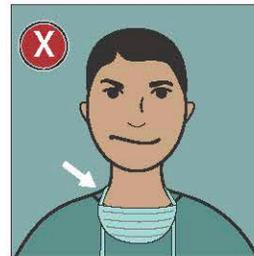
DON'T allow a strap to hang down. DON'T cross the straps.



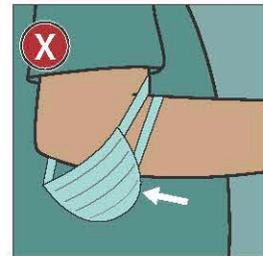
DON'T touch or adjust your facemask without cleaning your hands before and after.



DON'T wear your facemask on your head.



DON'T wear your facemask around your neck.



DON'T wear your facemask around your arm.

When removing a facemask

Clean your hands and remove your facemask touching only the straps or ties.



DO leave the patient care area, then clean your hands with alcohol-based hand sanitizer or soap and water.



DO remove your facemask touching ONLY the straps or ties, throw it away*, and clean your hands again.

*If implementing limited-reuse: Facemasks should be carefully folded so that the outer surface is held inward and against itself to reduce contact with the outer surface during storage. Folded facemasks can be stored between uses in a clean, sealable paper bag or breathable container.

Additional information is available about how to safely put on and remove personal protective equipment, including facemasks:

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/using-ppe.html>.

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

