EVERYTHING YOU NEED TO KNOW ABOUT FACEMASKS

WHY DO I NEED TO WEAR A MASK?

• “My mask protects you, your mask protects me!”
• Wearing a facemask prevents you from spreading the virus or contaminating surfaces if you are in fact an asymptomatic carrier of COVID-19.

WHEN DO I NEED TO WEAR A MASK?

• While interacting with others (including colleagues and clients)
• When you are out in public where others are present
• When entering an essential business

WHAT KIND OF MASK DO I NEED?

• A cloth or fabric mask
  ○ Homemade cloth mask
  ○ Ski mask
  ○ Windshield face mask
• PPE Equipment should be reserved for our healthcare professionals

HOW DO I WEAR A FACE MASK?

Cloth face covering should…

• Fit snugly but comfortably against the side of your face
• Be secured with ties or ear loops
• Include multiple layers of fabric
• Allow for normal breathing without restriction
• Be able to be laundered and machine dried without damage or change to shape
  ○ Masks should be routinely washed

When removing the mask…

• Try not to touch your eyes, nose, or mouth when removing your mask
• Wash hands immediately after removing
• Keep in a specific bag until you can wash the mask

HOW DO I MAKE A MASK?

• https://www.health.pa.gov/topics/disease/PublishingImages/Mask%20Instructions.png

Sources:
Center for Disease Control and Prevention
PA.gov
Health.PA.gov