



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
 - Bandana
 - Ski mask
- Windshield face mask
 - PPE Equipment should be reserved for our health care 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.nytimes.com/article/how-to-make-face-mask-coronavirus.html>
- <https://www.health.pa.gov/topics/disease/PublishingImages/Mask%20Instructions.png>
- <https://www.cdc.gov/coronavirus/2019-ncov/downloads/DIY-cloth-face-covering-instructions.pdf>

Sources:

[Center for Disease Control and Prevention](#)

[PA.gov](#)

[Health.PA.gov](#)