

How to use a **surgical face mask** to protect against coronavirus (COVID-19)



Surgical face masks, also called clinical masks, are in short supply. Follow these guidelines to properly handle, wear, and reuse your mask.

Put on your mask



- 1 Clean your hands with soap and water or hand sanitizer



- 2 Inspect your mask to make sure it doesn't have any visible thinning or tears in the fabric
- The blue colored fabric is the outside and the white fabric goes on the inside, against your face



- 3 If you wear glasses, take them off



- 4 Pick up and hold the mask by the ear loops



- 5 Touching the top and bottom edges, stretch out the mask, and slightly bend the metal piece at the top so it can sit snugly on the top (bridge) of your nose



- 6 Place the mask on your face over your nose and mouth
- Pinch the metal to mold it around the top of your nose

- Pull the bottom of the mask down so the bottom edge is under your chin



- 7 Put a loop around each ear



- 8 Adjust the mask so it fully covers your face from the top of your nose to under your chin
- The mask should be pinched around your nose, cover your nostrils and fit snugly, but comfortably, against the sides of your face
 - The bottom of the mask should cover your chin

While wearing your mask

- Leave your mask on and in the same position on your face the entire time you wear it – don't touch the mask while wearing it
- Don't pull your mask down around your neck or up to the top of your head – this contaminates the mask
- If your mask is slipping from the correct position, such as down your nose, and you need to adjust it:
 - 1 Clean your hands with soap and water or hand sanitizer
 - 2 Touch your mask to move to it the correct position
 - 3 Clean your hands again
- Remove and replace your mask if it becomes soiled or damp from your breath or any liquids

Remove your mask



If you plan to reuse your mask, have a paper bag ready to place your mask in after removing it. Clean your hands with soap and water or hand sanitizer.



If you wear glasses, take them off



Touching only the ear loops, lift and pull the mask down and away from your face

→ Do not touch your eyes, nose, or mouth when removing it



If the mask is okay to reuse, place it in the paper bag and fold over the top of the bag. If it cannot be reused, throw it away.



Clean your hands again

If you plan to reuse your mask:

- 1 Write the date on the paper bag. The virus can only live on cloth or paper for 1 day.
- 2 When you remove the mask, place it in the paper bag. Keep your mask in the bag for at least 24 hours to make sure the virus is dead before using it again.

- A mask can only be reused if it:
- Is dry – not damp or wet
 - Is not visibly soiled
 - Has no thinning or tears in the fabric

To learn more, watch this video:

- https://www.youtube.com/watch?v=Nm_9Poml680



<https://c19rrt.org>