How to Use a Face Mask

ProjectProtect

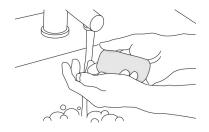
In partnership with Intermountain Healthcare, University of Utah Health and Latter-day Saint Charities

General Guidelines

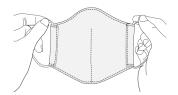
Wear a mask and seek medical help if you have flu-like symptoms (cough, fever, difficulty breathing, etc.) You should also wear a mask when you are near or caring for a person with flu-like symptoms. **Always use a new or properly sterilized mask.** Always combine with proper handwashing and social distancing hygiene practices.

See detailed instructions below.

Putting on a mask



- 1. Ensure you are using a clean mask.
- 2. Wash hands with soap and water or alcohol-based hand sanitizer before touching mask.



- 3. Pick up mask by touching ear loops (or ties) only.
- 4. Avoid touching mask itself.



- 5. Hold both ear loops and place a loop around each ear.
- 6. Fit mask around mouth, nose, and chin.

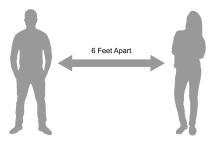
While wearing a mask



- Mask should be either completely on or off; do not wear or rest under chin.
- Never wear mask inside-out.
- Remove mask if soiled or damp; do not reuse a singleuse mask.



- Do not touch mask, face, or adjust mask while it is on.
- If you touch mask, wash hands with soap and water or hand sanitizer right away.



Always follow social distancing and good hygiene practices.

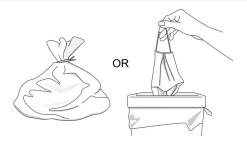
Removing a mask



1. Grab ear loops only and lift the mask off ears.

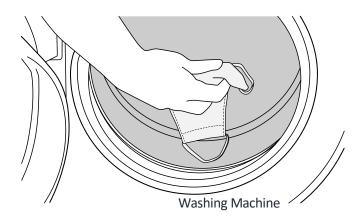


Pull bottom of mask off and away from mouth and chin.

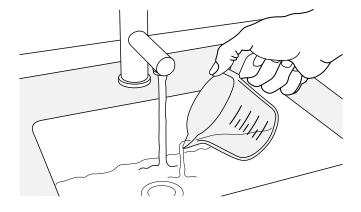


- Discard in appropriate receptacle (can be closed or sealed shut).
- Clean hands with soap and water or alcohol-based hand sanitizer.

Cleaning instructions for reusable cloth masks



- 1. To wash, launder the mask often in your washing machine in HOT water (160°F) using soap or detergent that leaves no residue.
- 2. Rinse well with fresh water and hang to air-dry.



- 1. You may choose to disinfect masks by soaking for five minutes in a solution of two tablespoons of bleach per quart (liter) of water or 1/3 cup (80 ml) of bleach per gallon (3.84 liter) of water.
- 2. Rinse well with fresh water and hang to air-dry.