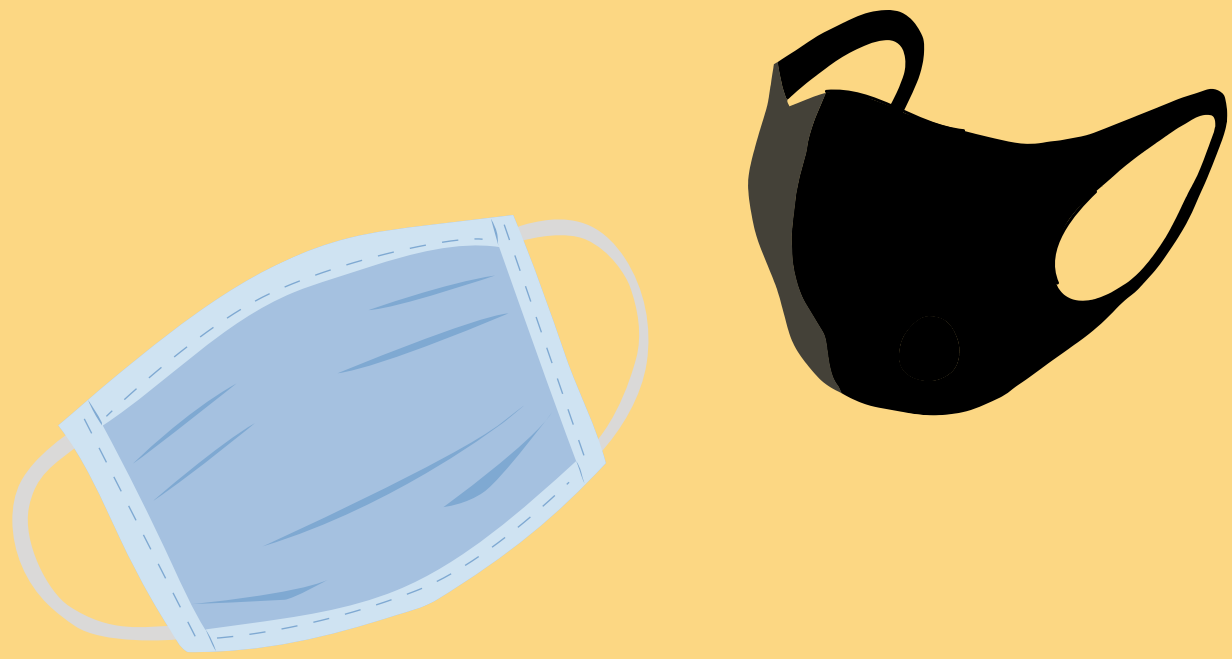


PPE GUIDE: MASKS



WHAT KIND OF MASK SHOULD I WEAR?

The virus is spread through respiratory droplets. Cloth masks can help reduce the spread of the virus. N95 and surgical masks should ONLY be worn by medical personnel!
Cloth facemasks can be made from materials at home.



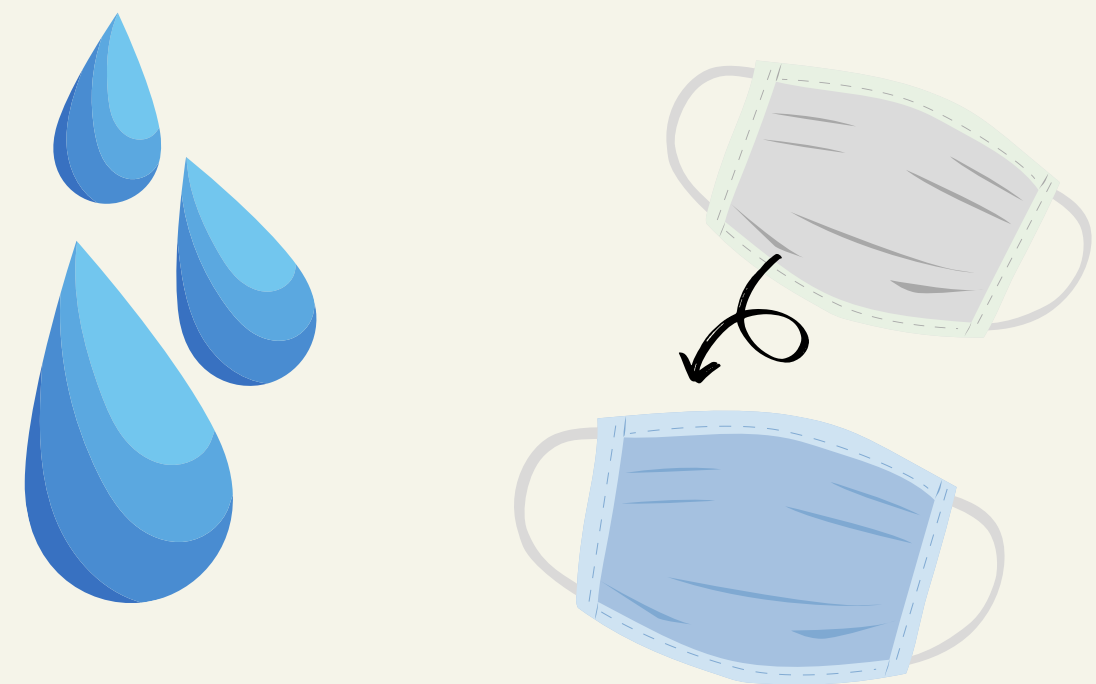
HOW DO I WEAR MY MASK?

The most important thing when wearing a mask is ensuring that the mask is covering your mouth and nose. Your cloth mask should be secured around your ears or head using hairbands or strings and it should fit snugly while allowing you to still breathe.



WHEN AND WHERE SHOULD I WEAR A MASK?

The CDC recommends you wearing a cloth mask when you leave your house, especially when you will be around other people in a store or other public settings.



CAN I WASH MY MASK?

You should wash your mask in the laundry regularly, depending on how frequently you use your mask. However, you should check to be sure that the mask does not change shape or get damaged during the process, if so replace it!

