

# GUIDANCE FOR MASKS

## DURING COVID-19

*What we know about COVID-19 is changing rapidly. The Centers for Disease Control and Prevention (CDC) have recently revised the guidelines on the use of face masks (or face covers) and how it might help to prevent the spread of COVID-19.*



### The Bottom Line

Surgical masks and N-95 should be reserved for use by healthcare workers due to already limited supplies. The use of masks must be coupled with frequent and proper hand washing and social distancing. Cloth face coverings **ARE NOT** a replacement for social-distancing.

### Types of Masks



- N95 Respirators: Tight-fitting mask that filters out airborne particles as well as larger droplets. Reserved for healthcare settings.
- Surgical Masks: Loose-fitting mask that protects from larger droplets, splashes, saliva and respiratory secretions. Prioritized for healthcare settings.
- Homemade Masks/Face covers: Made from fabric or scarves and generally reusable.

*There are no official guidelines for quality control. The type of fabric used and fit will determine the effectiveness of a homemade mask/face cover.*



### When to Use a Mask

- If you are sick or experiencing COVID-19 symptoms.
- If you are caring for someone experiencing COVID-19 symptoms.
- If in public and you are unable to maintain 6ft of distance from others such as when grocery shopping, going to medical appointments or doing other essential business away from your home.



### How to Put on and Take Off a Mask

- Before use, wash your hands with alcohol-based hand rub or soap and water.
- Cover mouth and nose with mask. Ensure there are no gaps.
- Avoid touching the mask while using it; if you do, clean wash your hands.
- Replace the mask with a new one as soon as it is damp. **DO NOT re-use single-use masks.** Discard immediately in a closed bin and wash your hands.



### How to Care for Non-Disposable Masks/Face Covers

- Wash masks before first use and wash between each use.
- Wash in hot water and use a disinfectant like bleach, dry completely on high heat to kill pathogens.
- Masks may need to be ironed after washing to ensure no rolls or gaps on sealing surface.
- Doubling or tripling the layers of fabric has not been shown to be much benefit. It is not recommended, and it makes the mask much harder to wear.

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