



How to Wear and Care for Your Reusable Mask



When you wear a mask or face covering use it properly.

- **Always clean your hands** before and after touching the mask.
- **Cover nose, mouth, chin.**
The mask must fit snugly over your nose, mouth and under your chin to be effective.
- **Don't touch it!**
There are germs! If you do, wash your hands again. Put it on and take it off using the ear loops/straps.
- **Replace the mask** when it becomes damp, dirty or crumpled. If washable, keep it in a bag until you get home, and immediately wash it with hot soapy water.
- **Do not reuse disposable masks.**
When you are finished wearing a disposable mask, place it into a garbage can right away.

How to Care for Your Reusable Mask

Cloth masks or face coverings can be re-used throughout the day if they are not damp, dirty or damaged:

- With clean hands, take off the mask using the ear straps.
- Fold it in half with the outer side facing in (so the outer side does not touch anything during storage).
- Place it in a clean bag or washable container with a lid until ready to use it again.
- Do not store masks in your pocket or place on a surface where they would collect germs.

To clean a cloth mask:

- Empty the bag or container directly into a washing machine. Wash with other items using a hot cycle with laundry soap (no special soaps are needed). Or, handwash by scrubbing the mask using soap and hot water.
- Discard the dirty bag or wash the reusable container.
- Dry masks in a dryer if they will keep their shape and fit, or hang or lay flat on a clean surface to dry.
- Store clean masks in a clean bag or container.

Tips to prevent glasses from fogging while wearing a mask:

- Cover the top part of the mask with the bottom of your frames to create a seal.
- Twist the ear loops once and put them over your ears to form a figure-eight when viewed from the side.
- Close any gaps at the bridge of your nose with medical tape. Don't use tape that isn't meant for human skin.
- Wash your lenses with a mild dish soap.
- If ordering new glasses, consider lenses with an anti-fogging coating, if available.

