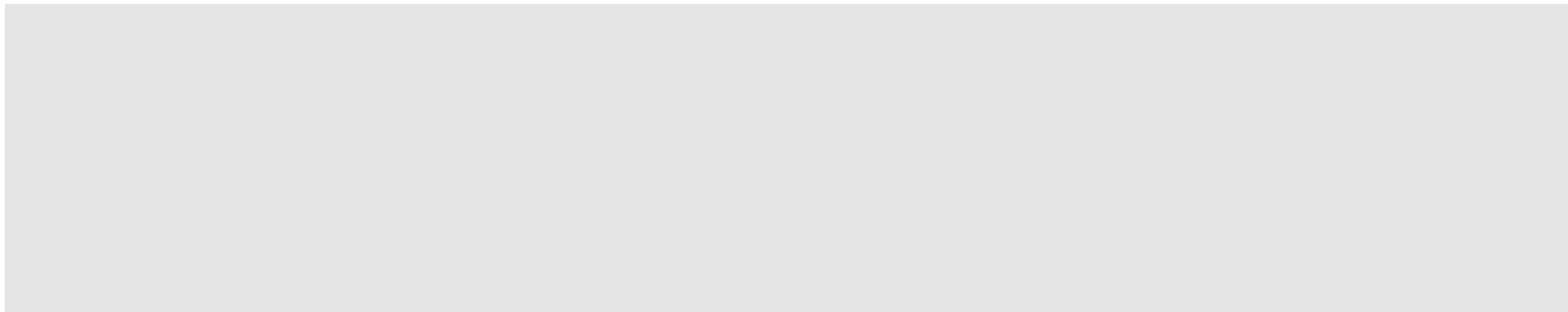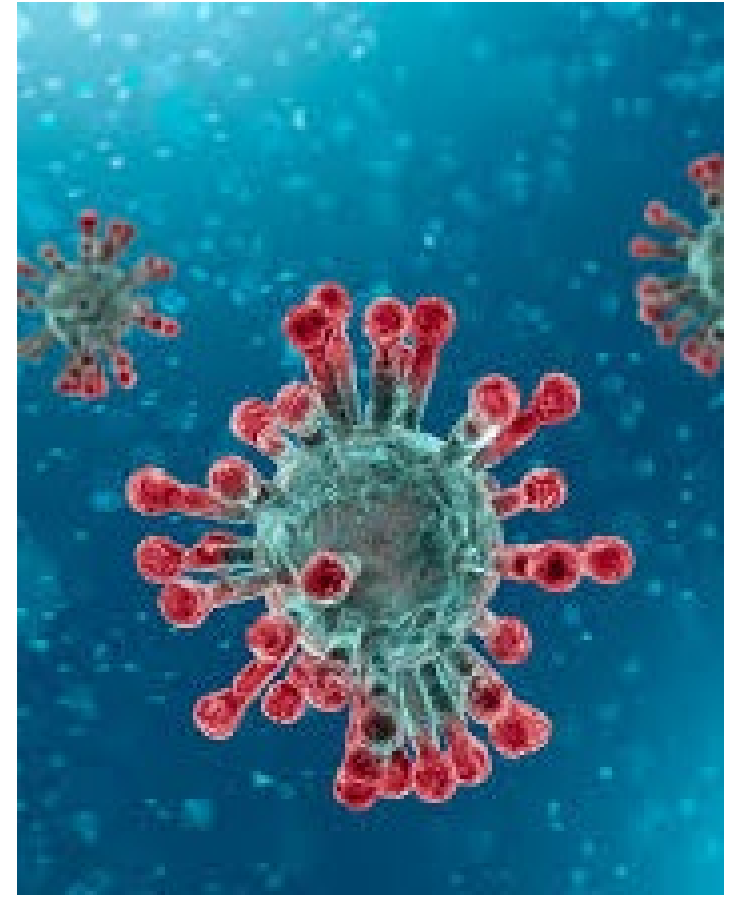# COVID 19 & FACE MASKS

Masks are to protect others from <u>you</u>.

Types of Masks:

- Different types for different purposes:
- Medical Grade:
  - Procedure Masks
  - OR Sterile Masks
  - Isolation Masks (N95)
- Homemade face coverings

N 95 Face Mask

- Medical Grade
  - Used by medical personnel in the care of COVID patients

- All masks or face coverings must cover the nose and mouth.
- Located from the bridge of the nose to cup of the chin.
- Secured in place with ties or bands.
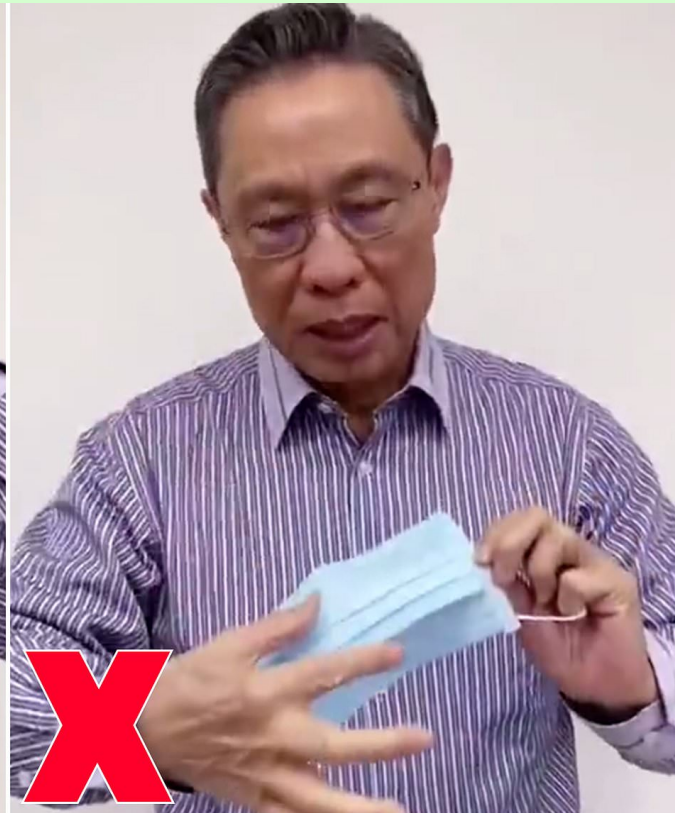
How to use a mask:

When to use a mask:

- Masks should be used when in 'community' settings such as shopping.

- Masks do NOT replace social distancing or handwashing.

SOCIAL DISTANCING

Tips to Remember:

- Masks should fit SECURLY in place. You should NOT constantly touch or adjust the mask once in place.

- You should NOT reuse a mask more that twice; do not wash or microwave commercially made masks.

- Handmade face coverings should be laundered after use.

Removing your mask

- Carefully remove your mask WITHOUT touching the outside.
- Wash your hands after handling your mask.

- Dispose or launder after use.

Resources:

- The Center of Disease Control
  - www.cdc.gov/coronavirus
- NJ Department of Health
  - https://covid19.nj.gov/index.html