

### Cleaning Masks:

Our masks have been carefully made and cleaned. Wash them before use.

- Use a detergent and hot water and a short cycle in a washing machine.
- If your mask has ties, you may need to wash it separately in a mesh or small laundry bag because the ties get tangled with clothes.
- If you do not have a washing machine, put on dish gloves and wash the mask by hand with a detergent and hot water.
- Masks can be dried in a machine dryer on a high heat setting or hung out to dry especially in a location where they get sunlight as it helps to kill germs.
- Masks dried in a machine may fold up and need to be ironed before they can be worn.

### Using your Mask: (World Health Organization Instructions)

Masks are most effective when worn outside of your home in public or when you are within 6 feet of a person ill with a cough. You do not need to use them in your home if you are not ill and no one in your house is ill or has tested positive for Covid-19.

- Before putting on a mask, clean your hands with an alcohol-based rub or soap and water.
- Cover your mouth and nose with the mask and make sure there are no gaps between your face and the mask. If there is a wire above your nose, adjust it to make the mask snug around your nose.
- Avoid touching the mask while using it; if you do, clean your hands with alcohol-based hand rub or soap and water.
- Change your mask when it feels wet or when you are back in your home and in an area of the house where no one is ill.
- To remove the mask: remove it from behind – do not touch the front of the mask. Put it into a separate container to be washed and dried as described above before reusing.
- Be sure to clean your hands with alcohol-based hand rub or soap and water after handling a used mask. There may be germs on the mask.



### Using a Mask with a Pocket for an Insert:

A piece of non-woven material the size of the pocket can be inserted into it. This increases the protection from germs. Non-woven fabric like coffee filters, Kleenex tissues, toilet paper, paper towels (especially those used in manufacturing shops), and vacuum cleaner bags have all been suggested for inserts, but you need to be sure you can still breathe easily with the insert in place. The insert needs to be removed when you finish using the mask and disposed of in the garbage. Clean your hands after removing the insert.