

# Masks Make a Difference

## Do you know how far droplets travel?



Since droplets can travel and land many feet away, it is important to wear a mask. Even if you do not have symptoms, when you wear a mask, the mask protects others from you in case you have a virus.

## Mask Wearing 101

- Step 1:** Properly wash your hands with soap and water for at least **20 seconds** or use hand sanitizer.
  - Step 2:** Remember to only touch the outside of the mask when picking the mask up to place on your face.
  - Step 3:** Fit the mask to your face, making certain it covers your nose and your mouth. There should not be a gap between the mask and your face. If you have a mask that can mold to your nose, fit it snugly around your nose.
  - Step 4:** Secure the bands around your ears or snugly tie the mask – if your mask has ties.
- Remember:**
- Wearing masks at all time with your nose and mouth covered protects others from the potential for you to spread disease to them.
  - Wearing a mask does not protect you from getting disease as airborne droplets can enter your body through your eyes.

## How to Remove a Mask

- Step 1:** Properly wash your hands with soap and water for at least **20 seconds** or use hand sanitizer.
  - Step 2:** Take off your mask or cover by only touching the ear loops or ties.
  - Step 3:** Properly discard your mask being careful to not touch the mask other than the loops or ties.
  - Step 4:** Properly wash your hands with soap and water for at least **20 seconds** or use hand sanitizer.
- Remember:**
- If you have a reusable mask, remember to wash it daily in hot water and dry.
  - Do not store your mask loose in purses or backpacks. If it has been worn, it is contaminated.
  - Continue to practice safe distance even when wearing a mask.
  - Do not touch any part of your face without proper handwashing.