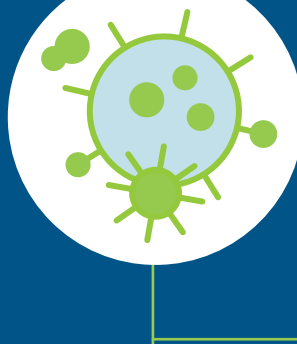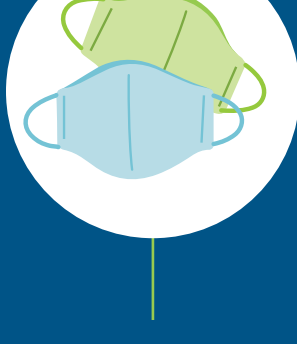# All About
MASKS

CHEST FOUNDATION

Germs leave your mouth even when you talk. A mask prevents you from spreading many germs.

If you go out, wear a cloth mask. Some localities require it. If you are sick, stay home.

TOP 5 CLOTH MASK TIPS

1 Wear a cloth mask any time you are out in public. It should have two layers of dense fabric.

2 Masks should fit snugly, cover your mouth and nose, and allow you to breathe comfortably.

3 Wash your hands or use hand sanitizer:
— Before you put on a mask
— After you touch or adjust a mask
— After you take off a mask

4 Don't share masks unless you wash & dry them first.

5 Wash masks daily with mild detergent. Dry in a hot dryer or the sun.

DO
Remove by the ear straps only

DON'T
Move, adjust, or touch the outside of your mask while wearing it

Pull it down below your nose or mouth

YOU SHOULD WEAR

Homemade Cloth Face Mask

✓ Can prevent you from spreading respiratory droplets

✓ Is better than no mask for protecting yourself and others

Avoid homemade masks with filters. They may contain harmful fibers.

IF YOU ARE AT HIGH RISK

Medical/Surgical Mask

✓ Needed for high risk of exposure to disease or care for someone who is sick

✓ Can prevent you from spreading respiratory droplets

✓ May stop large droplets from reaching your nose and mouth

LEAVE THESE MASKS FOR HEALTHCARE WORKERS

✓ Medical/surgical masks, if you are not at high risk of exposure

✓ N95 or KN95 respirators

Consider donating medical masks and respirators to your local hospital or healthcare providers.