



# Mask Information: A Guide to Homemade Mask Wearing

## PURPOSE:




To promote community awareness towards safe and proper mask wearing in the community of Wikwemikong.

## IMPORTANCE:

In addition to regular hand washing and physical distancing, wearing a mask is an additional measure for combatting the spread of COVID-19.

## DO YOU KNOW THE DIFFERENCE?



MASK TYPE	Homemade Cloth Mask	Clinical Mask	N95 Respirator
			
PURPOSE	Acts as a barrier to reduce the spread of germs to others and surfaces	Will provide some protection against fluids and particles	Filters 95% of particles when properly fitted
WHO CAN WEAR	Community members aged 2 years and older	Frontline workers, including health care workers	Frontline health workers who performed fit-testing
WHEN TO WEAR	When you must go out to public places (grocery store, gas station, appointment) and can't keep a safe distance 2 meters (6 feet) from others	When working with many individuals in close proximity or less than 2 meters (6 feet) who may or may not display symptoms	When testing for COVID-19 or performing certain procedures on individuals with airborne illnesses
RE-USE	<p>Multi-use*</p> <p>*Can be re-used when washed and taken care of</p>	Single-use	Single-use

# PUTTING ON a Homemade Cloth Mask:

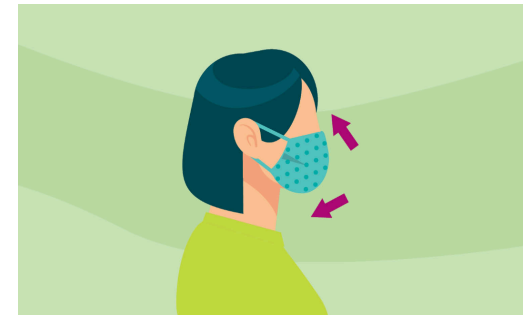
## 1. Wash your hands



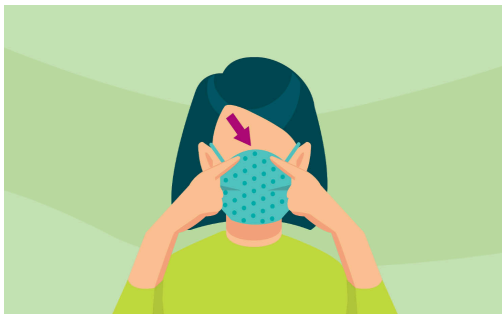
## 2. Grab only the elastic band or ribbon



## 3. Bring mask to face and secure loops around ears



## 4. Ensure mask covers nose, mouth, and chin snugly



## Tips For Wearing:

- Avoid touching mask while wearing it
- If mask slips, then only touch the sides to adjust it
- Keep hands away from face
- Do not share your mask
- Do not place mask on a child under the age of 2

# TAKING OFF a Homemade Cloth Mask:

1. Wash your hands



2. Remove mask carefully by only touching elastic or ribbon



3. Ensure you do not touch eyes, nose, or mouth



4. Place used mask directly into washing machine



5. Wash your hands



# CARE FOR a Homemade Cloth Mask:

## **WASHING a Homemade Mask:**

- Wash after EVERY use
- Wash mask with other items using a HOT CYCLE
- Use detergent with each wash
- If you do not have a washing machine, then place mask in a boiling pot of water that is only being used for this purpose
- If you wash mask by hand at a low temperature, then iron it at a high temperature afterwards
- Mask must be completely DRY before next use

## **STORING a Homemade Mask:**

- Do NOT leave your mask lying around at home
- Choose a permanent clean place to store your mask(s)
- A fabric bag is an option for storage, but must also be washed with mask
- Do NOT touch the clean mask unless you plan on using it
- Do NOT put your mask in the fridge or freezer