

Cloth Masks to Help Slow the Spread of Covid-19

Physical distancing and hand washing are the most important ways to lessen the spread.

Cloth masks have not been proven to protect the person wearing it. It may protect others around you, even if you have no symptoms. They should not be used in children under the age of two.

Use your cloth mask for short amounts of time when you must go into a public setting. For instance, doing your grocery shopping, or attending a doctor's appointment.

It is very important that the mask is used correctly:

1. Start with a clean mask. Wash the mask in the washing machine with hot water and laundry soap. You can wash it with your clothes. Completely dry on medium or high heat.
2. Wash your hands with soap and water for 20 seconds or use alcohol-based hand sanitizer.
3. Put on the mask. The inside of the mask has a little pocket. This should be the side that touches your face. There is a wire that goes over the bridge of the nose. This is the top of the mask. The mask has adjustable ties, so you can change the length of the strings. Once you have tied the top and bottom strings, you can press down on the nose wire so that it sits comfortably over your nose. Make sure the bottom edge is under your chin.

Over -->

Cloth Masks to Help Slow the Spread of Covid-19

Physical distancing and hand washing are the most important ways to lessen the spread.

Cloth masks have not been proven to protect the person wearing it. It may protect others around you, even if you have no symptoms. They should not be used in children under the age of two.

Use your cloth mask for short amounts of time when you must go into a public setting. For instance, doing your grocery shopping, or attending a doctor's appointment.

It is very important that the mask is used correctly:

1. Start with a clean mask. Wash the mask in the washing machine with hot water and laundry soap. You can wash it with your clothes. Completely dry on medium or high heat.
2. Wash your hands with soap and water for 20 seconds or use alcohol-based hand sanitizer.
3. Put on the mask. The inside of the mask has a little pocket. This should be the side that touches your face. There is a wire that goes over the bridge of the nose. This is the top of the mask. The mask has adjustable ties, so you can change the length of the strings. Once you have tied the top and bottom strings, you can press down on the nose wire so that it sits comfortably over your nose. Make sure the bottom edge is under your chin.

Over-->

4. Wash your hands with soap and water for 20 seconds or use alcohol-based hand sanitizer.
5. Avoid touching your face or mask while wearing the mask. If you must touch your face or the mask, it is important to wash your hands before and after.
6. If your mask becomes dirty or damp, it must be replaced.
7. To remove the mask, wash your hands. Untie the mask and carefully without touching the front of the mask, place it into the washing machine or into a bag. Wash your hands again.

Thank you for considering the use of a cloth mask.

Watch this you tube video if you would like to learn more about wearing a cloth mask:

https://youtu.be/iGE5eny_9gA

Thanks to the ASGA (Amazing Sewing Grandmothers of Awesomeness) for donating their time and materials to this project!

Optional: A filter placed in the pocket of the mask may add protection for the mask wearer. You can use a High-efficiency particulate air (HEPA) filter or any PM2.5 filter. The filter must be changed daily. It cannot be washed.

4. Wash your hands with soap and water for 20 seconds or use alcohol-based hand sanitizer.
5. Avoid touching your face or mask while wearing the mask. If you must touch your face or the mask, it is important to wash your hands before and after.
6. If your mask becomes dirty or damp, it must be replaced.
7. To remove the mask, wash your hands. Untie the mask and carefully without touching the front of the mask, place it into the washing machine or into a bag. Wash your hands again.

Thank you for considering the use of a cloth mask.

Watch this you tube video if you would like to learn more about wearing a cloth mask:

https://youtu.be/iGE5eny_9gA

Thanks to the ASGA (Amazing Sewing Grandmothers of Awesomeness) for donating their time and materials to this project!

Optional: A filter placed in the pocket of the mask may add protection for the mask wearer. You can use a High-efficiency particulate air (HEPA) filter or any PM2.5 filter. The filter must be changed daily. It cannot be washed.