

#PPE4CC



**PERSONAL
PROTECTIVE
EQUIPMENT
4
CENTRAL
COAST**

Why wear a face mask?

While wearing masks, we're respecting and protecting each other and helping slow the spread of disease.

The coronavirus that causes COVID-19 is spread primarily through invisible droplets when we exhale, which then are breathed in through other people's noses or mouths. When we talk, sing, cough, sneeze, or breathe heavily while exercising, we expel even more droplets. These droplets mostly travel as far as 6-10 feet, although they can travel farther with forceful coughing, sneezing or in wind. The smallest droplets hang in the air for 30 minutes to 1 hour even after we move away. We can also get the virus when it is deposited on surfaces which we touch and then touch our eyes, nose or mouth without first washing our hands.

This is why the **best protection for ourselves and for others** when we leave our homes is

Face Covering + Physical Distancing + Hand-washing

Sterilize your mask at the end of every day or shift.

There are 3 methods:

- 1) In a bowl with hot water and dish soap, scrub mask and straps for 1 minute and air-dry.
(Your mask will last longer.)
- 2) Or heat in oven at 170 F for 30 minutes, on a pan or in a paper bag.
- 3) Or wash in the washing machine on medium temperature and air-dry.

A microwave oven will damage your mask due to the metal wire inside.

After sterilizing, store it in a bag marked "CLEAN." **After using**, store it in a different bag marked "USED."

While wearing your mask

Assume it is contaminated on both sides. Anyone could be spreading the virus without knowing they are infected.

Before and after taking it off --and if you touch your mask while wearing it-- wash your hands with hot, soapy water. If you don't have soap and water, use hand sanitizer.

Remove it by holding only the straps, without touching mask or your eyes, nose or mouth.

To drink or eat: Place your mask on a clean napkin or paper towel next to you. Don't let the straps touch the mask.

When putting on your mask

Wear it always with the same side in, toward your face.

The lower strap goes behind your neck. Pull the upper strap above your ears to ride higher at the back of your head.

Holding the center of the wire high across the bridge of your nose, press the wire snug against the sides of your nose and the top of your cheekbones to make a good seal.

If your glasses fog, air is leaking. Re-shape and press the wire more snugly against your face. You could also tape it in place with "paper tape" found with first-aid supplies in stores.

For a better fit

If your straps are too loose, you can tie a small knot at the back.

If your mask is too large, you can shrink it in a washer and dryer on medium to high heat.

If your mask is too small, please contact us for a larger size.

In situations with higher risk

There is an inner pocket to insert an extra layer of filtering material. Some examples are a cut piece of coffee filter or HEPA vacuum bag. **Dispose of these after one use.**

Another option is to insert an extra layer of cloth and sterilize that with your mask to re-use.

Thank you for wearing a mask!

Please contact us with any questions or feedback at info@ppe4cc.org