

# HOW TO DON/DOFF PPE

## And Addressing the False Sense of Security



### WHEN DO I NEED TO WEAR A MASK?

- In early April 2020, the Centers for Disease Control and Prevention (CDC) recommended that **everyone begin wearing a cloth face covering in public places.**
- This will help **slow the spread** of the virus.
- In addition, **physical distancing remains important** to slow the spread of the virus.



### WHY IS IT IMPORTANT TO WEAR A MASK?

- The evidence shows that the coronavirus can be **spread by people who do not show symptoms.**
- This means that the virus can **spread between people who are in close proximity** to one another. This is why it is important to continue physical **distancing at least 6 feet apart.**
- Even if you feel well, you are **protecting people around you** from possible infection when you wear a mask in public places.



**N-95**

### WHAT TYPE OF MASK SHOULD I WEAR?

- ✓ Wear a **cloth mask** that is easy to **make at home.**

- ✗ **Do not wear medical masks, which include surgical and N-95 masks.** These are critical supplies that should be saved for healthcare professionals. If you have surgical or N-95 masks at home, please donate them to the nearest hospital or healthcare facility.



### HOW DO I MAKE A CLOTH MASK?

Making a cloth mask is easy! The Surgeon General of the United States created this [45-second video tutorial](#). All you need is a **piece of cloth** and **2 rubber bands**.



### CLOTH MASKS SHOULD:

- ✓ **fit snugly** but comfortably against the side of the face.
- ✓ be **secured** with ties or ear loops.
- ✓ include **2 or more layers** of fabric.
- ✓ **allow for breathing** without restriction.
- ✓ be made of a fabric or material that **can be laundered and machine dried** without damage or change to shape.



### HOW CAN I KEEP MY CLOTH MASK CLEAN?

- The CDC recommends that you wash your mask routinely.
- Some experts recommend washing it right after you use it, while others say it is okay to wash it weekly. Wash it more often if you are around people with symptoms or are using the mask alot.
- A cloth mask can be washed **in a washing machine** with any detergent.
- After placing the mask in the washing machine, **hands should be washed.**
- Dry masks on **high heat.**



### HOW TO PUT ON A MASK:

1. **Clean hands with soap and water or hand sanitizer.**
2. Grab mask
  - Grab an **ear loop style** mask at the ear loops or
  - Grab a **tie style** mask by upper ties
3. **Place over the face so it covers the nose, mouth, and chin.**
  - **For ear loop style mask:** Secure ear loops behind the ears.
  - **For tie style mask:** Tie upper ties first, behind the head. Then tie the lower ties behind the head.
  - **Pinch mask** over the bridge of the nose for a better fit.
4. **Clean hands** with soap and water or hand sanitizer.
5. **Do not touch the mask or your face while wearing it.** If you have to adjust it, clean your hands before and after touching the mask.



### HOW TO TAKE OFF A MASK:

1. **Clean hands** with soap and water or hand sanitizer.
2. Remove the mask slowly and carefully. **Avoid touching the front of the mask** because it is contaminated.
  - Remove an ear loop style mask by **holding the ear loops.**
  - Remove a tie style mask by untying **lower ties FIRST.** Untie **upper ties last.** Make sure that the ties do not fall into the clean inner part of the mask.
3. Place your mask **in the washing machine.** Or, store the mask **in a clean plastic or paper bag.**
4. **Clean hands** with soap and water or hand sanitizer.



### SHOULD I WEAR GLOVES WHEN I LEAVE THE HOUSE?

- No.** The CDC does not recommend using gloves for daily activities.
- Instead, **clean your hands with soap and water or hand sanitizer** after touching objects.



### WHEN TO WEAR GLOVES:

- ✓ When touching buttons or items like the gas pump when hand sanitizer is not available.
- ✓ Cleaning and disinfecting surfaces
- ✓ Touching items (tissues, laundry, dishes) used by someone with the virus.
- ✓ When you are wearing gloves, be careful to avoid touching your face unless you have cleaned your hands.



### HOW TO TAKE OFF GLOVES SAFELY:

1. Grasp the outside of the glove at the wrist. **Do not touch your bare skin.**
2. **Peel the glove away from your body,** turning it inside out.
3. **Hold the glove** you just took off in your gloved hand.
4. Peel off the second glove by putting your fingers **inside the glove at the top of your wrist.**
5. Turn the **second glove inside out** while pulling it away from your body, leaving the **first glove inside the second.**
6. Throw the gloves away in a trashcan. **Do not reuse gloves.**
7. Immediately **clean your hands.**

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