How to **put on, use, take off and dispose of a mask**

1. Before putting on a mask, wash hands with alcohol-based hand rub or soap and water.

2. Cover mouth and nose with mask and make sure there are no gaps between your face and the mask. Avoid touching the mask while using it; if you do, clean your hands with alcohol-based hand rub or soap and water.

3. Replace the mask with a new one as soon as it is damp and do not re-use single-use masks.

4. To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; wash hands with alcohol-based hand rub or soap and water.
REDUCE FACE TOUCHING

Tips from behavioral scientists to reduce the spread of COVID-19

Increase Awareness
- Ask a partner to tell you when you touch your face
- Wear perfume or bracelets to remind you not to touch your face
- Carry a pen and paper to record how often you touch your face each day

Help Others
- Think of the people you are trying to protect by not touching your face
- Gently remind others when you notice them touching their face

Do Other Things with Your Hands
- Put your hands in your pockets
- Hold a ball or deck of cards in your hands
- Make fists with hands for 1 minute if you bring your hands near your face

Change Postures
- Keep your elbows off the table
- Sit in chairs without armrests, or in the middle of the couch
- Sit on your hands if it’s hard to not touch your face

Practice Relaxation Techniques
- Focus on taking long, slow, deep breaths and on relaxing muscles that feel tense
- Sit in a quiet place and focus on the present moment rather than the past or future
- Spend time in nature at a safe distance from others, even sitting under a tree

More information is available here: https://wp.me/p8Ixyp-1tg
Wearing a fabric mask DOES NOT protect YOU from other people's germs. It DOES help protect OTHERS from your germs.

Fabric Masks Offer Some Protection

BUT

Additional Prevention Practices are Needed

- Wash Hands Often
- Disinfect Surfaces
- Social Distancing
- Stay Home

Wearing Reusable Face Masks

- Wash hands before putting on mask
- Wear mask the same way each time: same side facing out
- Mask needs to cover nose and mouth
- Do not touch your mask while wearing it
- If you touch your mask, wash/sanitize hands immediately
- Do not remove your mask to talk to others

Removing Reusable Face Masks

- Do not use dirty masks, always wash between use
- To remove mask, take straps and pull forward
- Wash hands before and after removing mask
- Place mask in plastic bag until ready to wash
- Wash mask with hot water and detergent, completely dry mask before reuse