

Safely Use Your Homemade Mask

Please save medical grade masks for our healthcare workers.

A homemade mask can be a helpful tool to protect you from COVID-19.

It **DOES NOT REPLACE** other important measures:

- Avoid touching your face! A mask can serve as a reminder not to touch your nose, mouth, or eyes with hands that might have virus on them.
- Maintain 6 ft of distance between you and others at all times.
- Wash your hands frequently, for at least 20 seconds. Use hand sanitizer if hand washing is not available.



Practice Social
Distancing

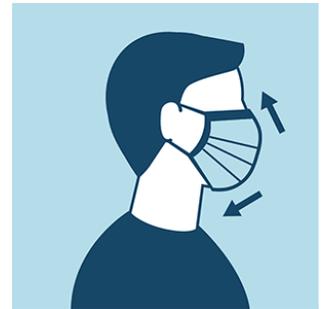
Wash Your Mask



- **Wash your mask as soon as you receive it, before using it.**
- Wash your mask daily; using the hot water or sterilize setting on your washer. Allow it to air dry.
- Wash more frequently if you've been in high traffic areas or it becomes soiled.

Putting On Your
Mask

- Before putting on a mask, clean hands with soap and water or hand sanitizer.
- Cover your nose and mouth with mask.
- **Avoid touching the mask while using it.** If you do, clean your hands with soap and water or sanitizer.



Removing Your
Mask



- Clean hands with soap and water or hand sanitizer **before** removing your mask.
- Do not touch the front of your mask.
- Grasp bottom ties or elastics of the mask, then the ones at the top and remove without touching the front or the inside of the mask.
- Clean hands with soap and water or hand sanitizer **after** removing your mask.

Get More Information from the CDC:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>



Public Health
Prevent. Promote. Protect.

Teton County