



YOUR GUIDE TO MASKS

BHSSA February 2021



Choose a mask with a Nose Wire

- A nose wire is a metal strip along the top of the mask
- Nose wires prevent air from leaking out of the top of the mask.
- Bend the nose wire over your nose to fit close to your face.

TYPES OF MASKS NOT PERMITTED AT BHSSA



Mingle masks are used for a different type of protection, often used in the food and dental industry. This type of mask does not provide adequate protection and therefore not approved to be worn at work.

TYPES OF MASKS NOT PERMITTED AT BHSSA



Do NOT wear

- Masks with exhalation valves or vents
- Single layer or masks made of thin fabric that don't block light

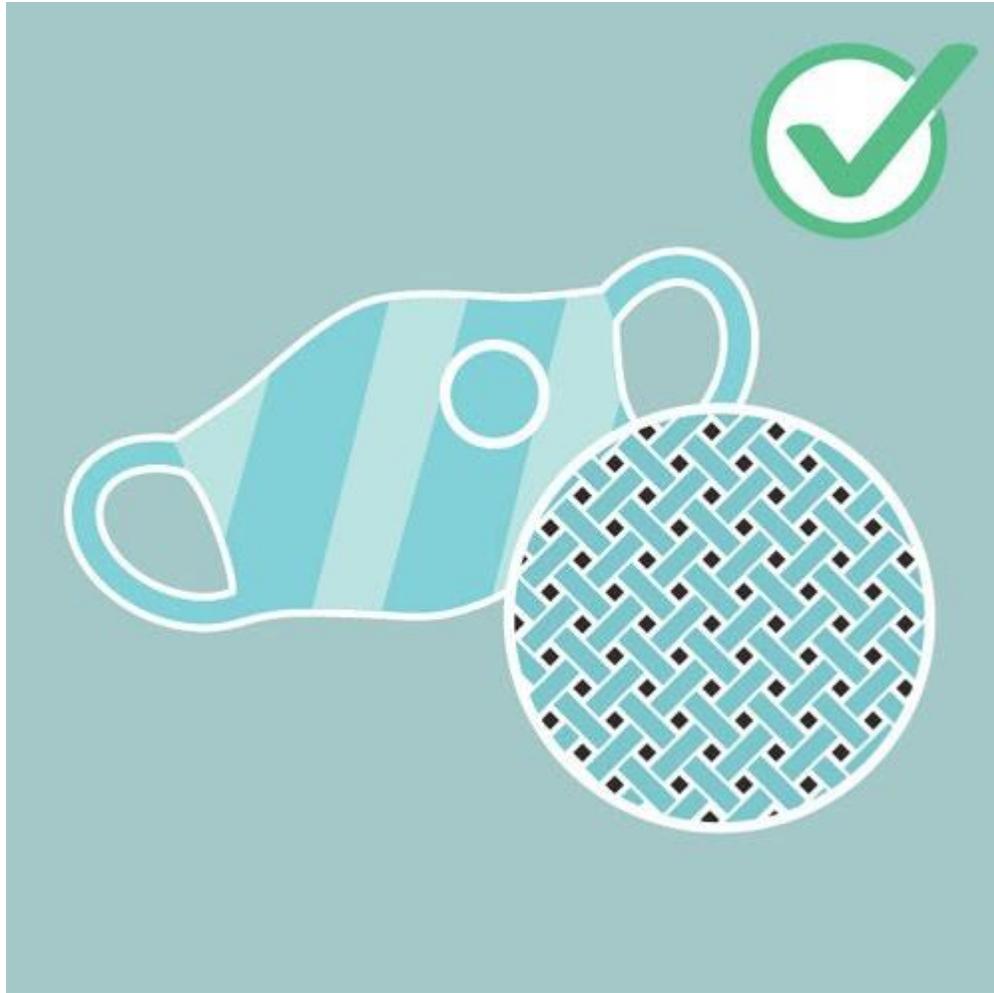
DOES FACE SHIELDS REPLACE MASKS?



Are face shields substitutes for face masks during COVID-19?

Face shields **do not** replace masks or face coverings. A face shield is used to protect the eyes of the person wearing it. Using a face shield without a mask it won't protect you.

Choose one that extends around the sides of the face and below the chin. You'll still need to: maintain physical distancing of 2 metres practise good hand hygiene, especially if you touch the face shield



Improve How Your Mask Protects You

When choosing a mask, look at how well it fits, how well it filters the air, and how many layers it has. Make sure your mask fits snugly against your face. Gaps can let air with respiratory droplets leak in and out around the edges of the mask. Pick a mask with layers to keep your respiratory droplets in and others' out. A mask with layers will stop more respiratory droplets getting inside your mask or escaping from your mask if you are sick.



Use a **Mask Fitter or Brace**

- Use a mask fitter or brace over a disposable mask or a cloth mask to prevent air from leaking around the edges of the mask.



Check that it **Fits Snugly** over your nose, mouth, and chin

- Check for gaps by cupping your hands around the outside edges of the mask.
- Make sure no air is flowing from the area near your eyes or from the sides of the mask.
- If the mask has a good fit, you will feel warm air come through the front of the mask and may be able to see the mask material move in and out with each breath.



Add **Layers** of material
2 ways to layer

- Use a cloth mask that has multiple layers of fabric.
- Wear one disposable mask underneath a cloth mask.
- The second mask should push the edges of the inner mask against your face.

**Make sure you can see
and breathe easily**



Knot and Tuck ear loops of a 3-ply mask

- Knot the ear loops of a 3-ply face mask where they join the edge of the mask
- Fold and tuck the unneeded material under the edges
- For video instructions, see: <https://youtu.be/UANi8Cc71A0external icon>.

TWO IMPORTANT WAYS TO MAKE SURE YOUR MASK WORKS THE BEST IT CAN



- 1 Make sure your mask fits snugly against your face.** Gaps can let air with respiratory droplets leak in and out around the edges of the mask
- 2 Pick a mask with layers to keep your respiratory droplets in and others' out.** A mask with layers will stop more respiratory droplets getting inside your mask or escaping from your mask if you are sick.

DO NOT



Combine two disposable masks

- Disposable masks are not designed to fit tightly and wearing more than one will not improve fit.



Combine a KN95 mask with any other mask.

- Only use one KN95 mask at a time.

WEAR A MASK TO PREVENT GETTING AND SPREADING COVID-19

Dos

Wear a mask over your nose and mouth to help prevent getting and spreading COVID-19.

Wear a mask in public settings when around people who don't live in your household, especially when indoors and when it may be difficult for you to stay six feet apart from people who don't live with you.

Wear a mask correctly for maximum protection.

Wear your mask under your scarf, ski mask, or balaclava in cold weather

Keep a spare mask to replace one that becomes wet from moisture in your breath, snow, or rain.

Store wet reusable masks in a plastic bag until they can be washed.

WEAR A MASK TO PREVENT GETTING AND SPREADING COVID-19

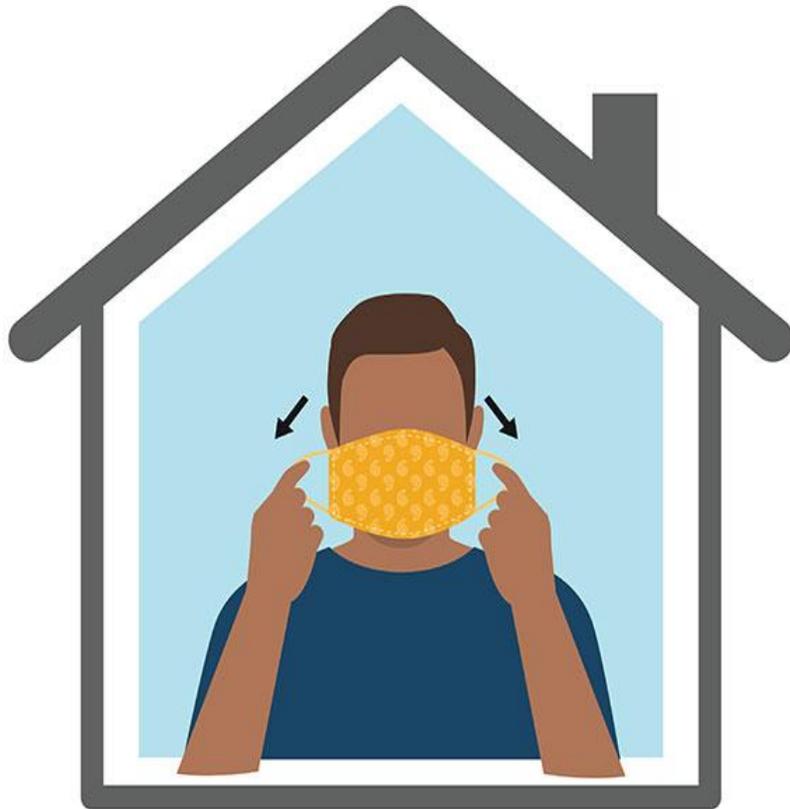


Don'ts

Put the mask around your neck or up on your forehead.

Touch the mask, and, if you do, wash your hands or use hand sanitizer.

TAKE OFF YOUR MASK CAREFULLY, WHEN YOU'RE HOME



- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place mask in the washing machine (learn more about [how to wash masks](#))
- Be careful not to touch your eyes, nose, and mouth when removing and [wash your hands](#) immediately after removing.

COLD WEATHER



- Change your mask when it becomes wet.
 - A wet mask is harder to breathe through, is less efficient at filtering, and vents more around the edges of the mask.
- Keep a spare mask to replace one that becomes wet from moisture in your breath, snow, or rain.
- Store your wet reusable mask in a plastic bag until you get home and can put it in the laundry.
- If you need to wear a scarf, ski mask, or balaclava, wear it over your mask.
 - They are usually made of loosely knit fabrics not suitable for use as masks.
- If you wear glasses, find a mask that fits closely over your nose or has a nose wire to help reduce fogging. Consider using an antifogging spray that is made for eyeglasses.

HOW TO STORE AND WASH MASKS

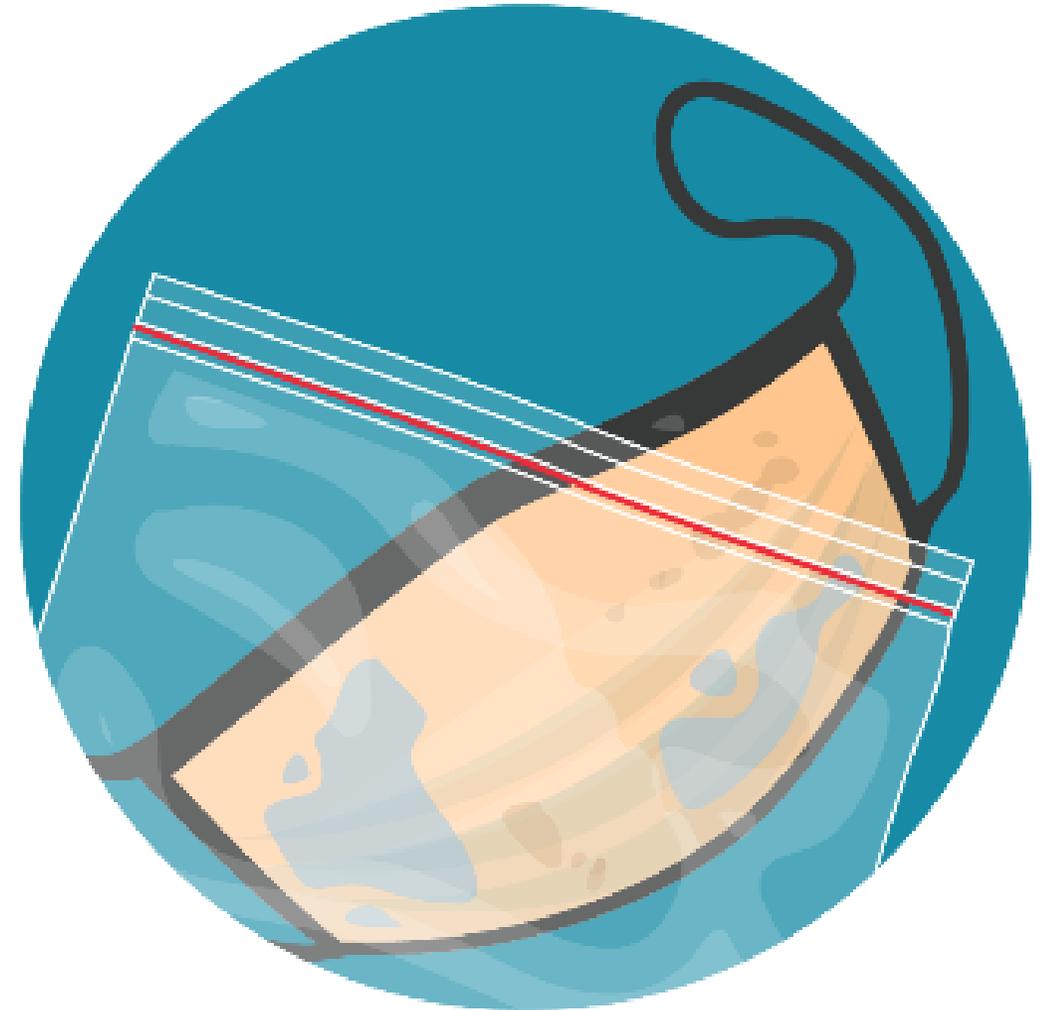
Store your cloth mask properly and wash it regularly to keep it clean. Consider having more than one mask on hand so that you can easily replace a dirty mask with a clean one. Make sure to remove your mask correctly and wash your hands after touching a used mask.

STORE YOUR MASK

STORE WET OR DIRTY MASKS IN A PLASTIC BAG

Store wet or dirty masks in a plastic bag

- If your mask is wet or dirty from sweat, saliva, make-up, or other liquids or substances, keep it in a sealed plastic bag until you can wash it. Wash wet or dirty masks as soon as possible to prevent them from becoming moldy. Wet masks can be hard to breathe through and are less effective than dry masks.



STORE MASKS THAT ARE NOT WET OR DIRTY IN A PAPER BAG

- You can store your mask temporarily to reuse later. Remove your mask correctly and wash your hands after touching a used mask. Keep it in a dry, breathable bag (like a paper or mesh fabric bag) to keep it clean between uses. When reusing your mask, keep the same side facing out.
- If you are taking off your mask to eat or drink outside of your home, you can place it somewhere safe to keep it clean, such as your pocket, purse, or paper bag. Make sure to wash or sanitize your hands after removing your mask. After eating, put the mask back on with the same side facing out. Be sure to wash or sanitize your hands again after putting your mask back on.



WASH YOUR MASK

Wash your cloth mask whenever it gets dirty or at least daily. If you have a disposable face mask, throw it away after wearing it once.

Using a washing machine

Include your mask with your regular laundry.

Use regular laundry detergent and the appropriate settings according to the fabric label.

By hand

Wash your mask with tap water and laundry detergent or soap. Rinse thoroughly with clean water to remove detergent or soap.



DRY YOUR MASK

Dryer

Dry your mask completely in a warm or hot dryer



Air dry

Hang your mask in direct sunlight to dry completely. If you cannot hang it in direct sunlight, hang or lay it flat and let it dry completely.



WHEN TO USE GLOVES



1. When cleaning

When you are routinely cleaning and disinfecting your home.

Follow precautions listed on the disinfectant product label, which may include-

- Wearing gloves (reusable or disposable)
- Having good ventilation by turning on a fan or opening a window to get fresh air into the room you're cleaning

Wash your hands after you have removed the gloves.

WHEN TO USE GLOVES

2. When caring for someone who is sick

If you are providing care to someone who is sick at home or in another non-healthcare setting

Use disposable gloves when cleaning and disinfecting the area around the person who is sick or other surfaces that may be frequently touched in the home.

Use disposable gloves when providing personal care such as having contact with blood, stool, or body fluids, such as saliva, mucus, vomit, and urine.

After using disposable gloves, throw them out in a lined trash can. Do not disinfect or reuse the gloves.

Wash your hands after you have removed the gloves.

WHEN GLOVES AREN'T NEEDED

Wearing gloves outside of these instances (for example, when using a shopping cart or using an ATM) will not necessarily protect you from getting COVID-19 and may still lead to the spread of germs.

The best way to protect yourself from germs when running errands and after going out is to regularly wash your hands with soap and water for 20 seconds or use hand sanitizer with at least 60% alcohol.

FOR MORE INFORMATION

Check the staff portal on a regular basis for updates

Still have more questions

Contact the BHSSA office at 780.674.4944

ext. 310 for OHS Coordinator

