

# CLOTH FACE MASK GUIDANCE

Cloth masks are NOT intended to prevent the wearer from contracting COVID-19, they are intended to LIMIT the spread of disease.

## CLOTH FACE COVERINGS SHOULD...

- Fit securely and snugly against the side of the face and be large enough to COMPLETELY COVER THE NOSE AND MOUTH without gaping.
- Include multiple layers of fabric.
- Be comfortable and not require frequent adjustment.
- Allow for breathing without restriction.
- Be changed as soon as possible if damp or dirty.
- Be able to be laundered and machine dried without damage or change to shape.

## CLOTH FACE COVERINGS SHOULD NOT...

- Be shared with others.
- Impair vision or interfere with tasks.
- Be placed on children under the age of 2 years.
- Be made of plastic or other non-breathable materials.
- Be placed on anyone unable to remove them without assistance, or on anyone who has trouble breathing.

## STEPS FOR SAFE & PROPER USAGE OF A CLOTH MASK

### ONLY HANDLE MASK BY TOUCHING THE LOOPS OR TIES.

#### STEPS FOR PUTTING ON A CLOTH MASK

1. Perform hand hygiene.
2. Secure ear loops behind ears OR grasp top ties and secure at the crown of your head with a bow, grasp bottom ties and pull over nose, mouth and chin and secure at nape of neck with a bow.
3. Position mask over nose and chin. Mold metal piece to nose bridge (if mask has one).
4. Perform hand hygiene.
5. Keep hands away from face and do not touch the front of the mask.
6. To readjust do not touch the front of the mask, and if it is necessary, immediately perform hand hygiene.
7. Do not hang the mask around your neck or loosely from your ear.

MASKS SHOULD BE TREATED AS DIRTY AND CONTAMINATED AFTER EACH USE.

#### STEPS FOR TAKING OFF A CLOTH MASK

1. Perform hand hygiene.
2. Grasp ear loops without touching the front of the mask OR untie at top of head and at the neck. Bending forward, pull the mask off forward to allow the mask to fall away from the face
3. ONLY touching the ear loops or ties, place mask in a bag to be laundered.
4. If removing mask temporarily, use ties/loops to put into a bag (paper is best) with the outside facing down. When reapplying, handle mask by ties/loops, put mask on and perform hand hygiene. A new bag should be used each time you wish to store your mask.

### HAND HYGIENE MUST OCCUR AFTER HANDLING A USED MASK AS THIS IS WHEN SELF-CONTAMINATION MAY OCCUR.

#### CARING FOR YOUR CLOTH MASK

1. Wash your mask at the end of each day you wear it. If using a filter, remove it before washing.
2. Wash in a machine with laundry detergent using warm water, dry in a machine on medium heat.
3. If hand washing your mask, use hot, soapy water. Make sure to scrub the mask for at least 20 seconds (like you would your hands), and hang it up to fully dry before wearing it again. In a pinch, you can blast it on high heat with your blow dryer.



Riverside Health Care encourages and supports the use of cloth face masks in public settings as an additional measure when physical distancing is difficult to maintain.

## Stop the spread.

To schedule a COVID-19 test call the Riverside Assessment Centre at 274-3261 ext 4913. Riverside's priority remains the health and safety of our patients, residents, clients, staff and the entire community.