# How to Use a Face Mask

## **Project**Protect

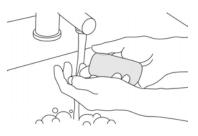
In partnership with Intermountain Healthcare, University of Utah Health and Latter-day Saint Charities

### **General Guidelines**

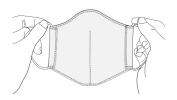
Wear a mask and seek medical help if you have flu-like symptoms (cough, fever, difficulty breathing, etc.) You should also wear a mask when you are near or caring for a person with flu-like symptoms. **Always use a new or properly disinfected mask.** Always combine with proper handwashing and physical distancing hygiene practices.

See detailed instructions below.

# Putting on a mask



- 1. Ensure you are using a clean mask.
- Wash hands with soap and water or alcoholbased hand sanitizer before touching mask.



- 3. Pick up mask by touching ear loops (or ties) only.
- 4. Avoid touching mask itself.



- 5. Hold both ear loops and place a loop around each ear.
- 6. Fit mask around mouth, nose, and chin.

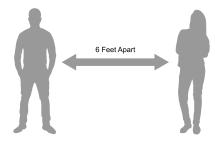
### While wearing a mask



- Mask should be either completely on or off; do not wear or rest under chin.
- Never wear mask inside-out.
- Remove mask if soiled or damp; do not reuse a singleuse mask.



- Do not touch mask, face, or adjust mask while it is on.
- If you touch mask, wash hands with soap and water or hand sanitizer right away.



 Always follow physical distancing and good hygiene practices.

# Removing a mask



1. Grab ear loops only and lift the mask off ears.



- 2. Pull bottom of mask off and away from mouth and chin.
- If you plan to reuse your mask right away, place it in a clean paper bag so it will not contaminate other surfaces. Otherwise, place it directly into your washing machine and follow instructions below.
- 4. If it is a single-use mask, discard it directly into the garbage.
- 5. Clean hands with soap and water or alcohol-based hand sanitizer.

# Home cleaning instructions for reusable cloth masks

- 1. Launder the mask after use in your washing machine in HOT water using soap or detergent that leaves no residue.
- 2. Dry on HOT in your dryer.

