WHY WEAR A MASK?
Luther Village Residents
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COVID-19 Background

• COVID-19 is an illness that has affected people globally, and has made some individuals very sick

• COVID-19 is spread through respiratory droplets during close, unprotected contact

When you’re outside in the winter time, what happens to your breath?

Droplet transmission
Coughs and sneezes can spread droplets of saliva and mucus

Source: WHO
Respiratory Droplets
How Does Wearing a Mask Help?

• The mask acts as a barrier so that your respiratory droplets can not spread to others.

• If it is not possible to maintain a 2 meter distance, a mask helps prevent the spread of those potentially infectious droplets.
How to wear a mask

• Inspect your mask for any damages, and ensure it is clean and dry
• **WASH YOUR HANDS** before putting the mask on
• Your mask should cover your nose and chin
• Your mask should **NEVER** be worn around your neck or forehead
Important Tips While Wearing Your Mask

DON’T touch the mask while wearing it.

DON’T wear a loose mask.

DON’T remove the mask to talk to someone.

Clean your hands before removing the mask.

Remove the mask by the straps behind the ears or head.
How to Maintain and Store Your Mask

- **DO** replace and launder your mask whenever it becomes damp or dirty.
- **DO** store reusable masks in a clean paper bag until you wear it again.
- **DO** wash your mask with hot, soapy water and let it dry completely before wearing it again.
- **DO** discard masks that cannot be washed in a plastic-lined garbage bin after use.
Let’s Review

What are the steps of putting on and taking off your mask?
PUTTING ON YOUR MASK

1. **DO** inspect the mask for tears or holes.

2. **DO** wash your hands or use alcohol-based hand sanitizer before and after touching the mask or face covering.

3. **DO** use the ear loops or ties to put on and remove the mask.

4. **DO** ensure your nose and mouth are fully covered.
TAKING OFF YOUR MASK

1. **DO** wash your hands or use alcohol-based hand sanitizer before and after touching the mask or face covering.

2. **DO** use the ear loops or ties to put on and remove the mask.

3. **DO** store reusable masks in a clean paper bag until you wear it again. **DO** discard masks that cannot be washed in a plastic-lined garbage bin after use.

4. **DO** wash your hands or use alcohol-based hand sanitizer before and after touching the mask or face covering.
Any Questions?
References