

# CLOTH MASKS

## USING CLOTH MASKS SAFELY

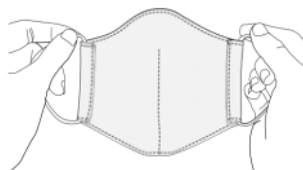
- **Cloth masks do not replace good hygiene**
  - Continue washing your hands, maintain social distancing, and avoid touching your face
- **Cloth masks can act as an extra barrier**
  - Cloth masks covering the nose and mouth will help contain droplets
- **Cloth masks do help keep others safe**
  - Cloth masks slow the spread of the virus by reducing the chance of people without symptoms transmitting COVID-19 to others.
- **Cloth masks are not for everyone**
  - Cloth masks should not be worn by people who have trouble breathing

### How to wear your cloth mask

#### Putting on your mask



1. Ensure you are using a clean mask.
2. Wash hands with soap and water or alcohol-based 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.

#### Fitting your mask

- Fit snugly but comfortably against the side of the face.
- Be secured with ties or ear loops.
- Allow for breathing without restriction.



**BC Forest Safety**

Safety is **good** business

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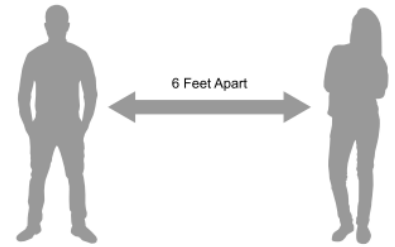
### Wearing your mask



- 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 single-use mask



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



- Always follow social/physical distancing and practice good hygiene.

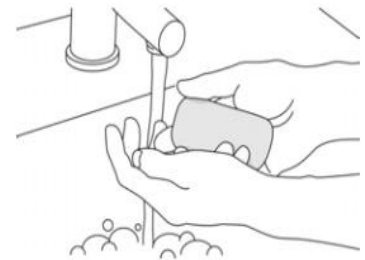
### Removing your mask



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

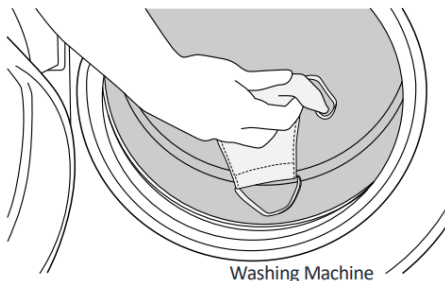


2. Pull bottom of mask off and away from mouth and chin.



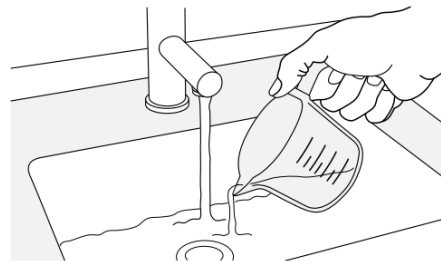
3. Wash hands with soap and water or alcohol-based hand sanitizer before touching mask.

### Washing your mask daily



Washing Machine

- To wash, launder the mask often in your washing machine in HOT water (160°F) using soap or detergent that leaves no residue.
- Rinse well with fresh water and hang to air-dry.



- You may choose to disinfect masks by soaking for five minutes in a solution of two tablespoons of bleach per quart (litre) of water or 1/3 cup (80ml) of bleach per gallon (3.84 litres) of water.
- Rinse well with fresh water and hang to air-dry