

How to Wash and Wear Your Face Mask

Follow the instructions below:

- **You will be issued more than one mask to allow you to place your dirty mask into your laundry bag with your uniforms to be washed, and still have one clean mask to wear while you are waiting for your clean uniforms to be returned.**
- You may choose to wash your face mask by hand using warm water and regular hand soap or detergent. If you choose to hand wash, you must make certain that your mask is dry before putting it on.
- Do not use or ask for bleach when hand washing. Bleach can weaken the cotton fibers and per the CDC guidelines it is not necessary to keep your mask clean; regular detergent or hand soap will provide the proper level of cleaning.
- Make sure your face mask is completely dry after every wash so it is ready for you to use again.
- **It is mandatory that you wash your face daily before you put on your mask, and after you remove it prior to bedtime.**

How to Store Your Face Mask

- Always keep your face mask in a clean dry place when it is not on your face.

How to Put on a Face Mask and Wear It Correctly

- Wash your hands with soap and water before putting on your face mask.
- Pick up the face mask by the upper ties. Place the upper ties around the back of your head and secure it by tying a bow.
- Take the bottom ties and secure with a bow at the base of your head.
- Once the face mask is completely secured, adjust to ensure it covers your face and mouth, and the bottom edge is under your chin.



How to Remove Your Face Mask

- Untie the bottom bow first then untie the top bow and pull the face mask away from you as the ties are loosened.
- Place the face mask in your pocket or a dry clean place.
- Wash your hands with soap and water once completed.

***Never allow anyone to use your face mask after you have worn it and it has not been cleaned**