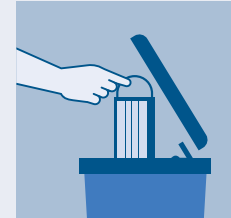# Face Mask Safety

Hand made or disposable face masks can provide a layer of protection against the spread of germs when used along with social distancing. However, it is important to properly put on, wear, and remove your mask to avoid cross-contamination.

How to Safely Wear a Mask

Put on the mask

1 | Clean hands with soap and water or hand sanitizer before touching your mask.

2 | Hold the mask by the loops. Place the loop around each ear.

3 | For a mask with ties, hold each string. Bring masks to your face covering your mouth and nose. Then tie it behind your head.

4 | Secure the mask above your nose and below your chin.

Wear the mask

1 | You must wear a mask while in an RWJBarnabas Health facility and you should also wear a mask anytime you are in a public area where people will be.

2 | Avoid touching the mask while you are wearing it. If you do, clean your hands with soap and water or hand sanitizer.

3 | Maintain a distance of 6 feet between you and others.

Remove the mask

1 | Clean hands with soap and water or hand sanitizer before touching the mask.

2 | Avoid touching the front of the mask (the front of the mask may be contaminated).

3 | When removing your mask, untie or hold both ear loops to gently lift and remove the mask. Be careful not to touch your eyes, nose, and mouth.

4 | Wash your mask immediately (cloth mask only). If you are using a disposable face mask, be sure to properly put your mask in a waste bin.

5 | Wash your hands.

6 | Only wear clean masks. If your mask is hand made, it's a good idea to have a few extra that you can rotate.

Caution! The following people should **NOT** wear a cloth mask:

- Children under 2 • People who have trouble breathing
- Anyone who is unconscious • People who cannot remove the mask on their own
- Healthcare workers should use extreme caution when using hand made face masks

RWJBarnabas HEALTH

For more information about COVID-19 visit **rwjbh.org/covid19**

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Let's be healthy together.