### Learn more about **Masks**

**How are types of masks different?**

<table>
<thead>
<tr>
<th>Type</th>
<th>Pros</th>
<th>Cons</th>
<th>Affordability</th>
<th>Reusability</th>
<th>Protection</th>
<th>Comfort level</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cloth Mask</strong></td>
<td>- Washable and reusable</td>
<td>- Less filtration</td>
<td>☑️</td>
<td>☑️</td>
<td>☑️</td>
<td>☑️</td>
</tr>
<tr>
<td></td>
<td>- Best in public settings</td>
<td>- No airborne particle protection</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Easy to make on your own</td>
<td>- Susceptible to some droplets</td>
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</tr>
<tr>
<td><strong>Procedural Mask</strong></td>
<td>- Affordable</td>
<td>- Not designed for multiple uses</td>
<td>☑️</td>
<td>☑️</td>
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<tr>
<td></td>
<td>- Medical grade certified</td>
<td>- Healthcare providers need them</td>
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<tr>
<td></td>
<td>- Disposable</td>
<td>- Doesn’t filter airborne particles</td>
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<tr>
<td><strong>N95 Mask</strong></td>
<td>- Dense filter</td>
<td></td>
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</tbody>
</table>

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**Did you know?**

N95 masks sometimes have **exhalation valves** that help prevent airborne contaminants from coming in. These are helpful, but they probably don’t work to prevent contaminants dispersing between you and other people.

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**Learn more about Masks**

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**Procedural Mask**

**Pros**
- Affordable
- Medical grade certified
- Disposable

**Cons**
- Not designed for multiple uses
- Healthcare providers need them
- Doesn’t filter airborne particles

**Affordability**
- ☑️
- ☑️
- ☑️

**Reusability**
- ☑️
- ☑️
- ☑️

**Protection**
- ☑️
- ☑️
- ☑️

**Comfort level**
- ☑️
- ☑️
- ☑️

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**N95 Mask**

**Pros**
- Dense filter
- Filters airborne particles and droplets
- Medical grade certified

**Cons**
- Harder to breathe
- Healthcare providers need them
- Require training to wear properly

**Affordability**
- ☑️
- ☑️
- ☑️

**Reusability**
- ☑️
- ☑️
- ☑️

**Protection**
- ☑️
- ☑️
- ☑️

**Comfort level**
- ☑️
- ☑️
- ☑️

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**Cloth Mask**

**Pros**
- Washable and reusable
- Best in public settings
- Easy to make on your own

**Cons**
- Less filtration
- No airborne particle protection
- Susceptible to some droplets

**Affordability**
- ☑️
- ☑️
- ☑️

**Reusability**
- ☑️
- ☑️
- ☑️

**Protection**
- ☑️
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- ☑️

**Comfort level**
- ☑️
- ☑️
- ☑️
Learn more about MASKS

What to do when...?

I’m hot, thirsty, or hungry

Cool down
If you feel hot, take off your mask without touching your face and take a break.

Really hydrate
Drink plenty of water before putting your mask on.

Foggy glasses
This means air is escaping from your mask. Wash hands and refit mask in a designated safe area.

Eat enough
Eat enough in one setting to stay energized.

I need to make/answer this call

Use ear buds
Hold your phone away from your face and mask.

Speaker phone
Turn up the volume or put on speaker phone.

Answer emails in batches
Answer emails in batches during your break.

Did you know??
Batching your breaks is the best and safest idea. The more you take on and off your mask, the less effective of a barrier it is.
Learn more about MASKS

What to do when...?

Did you know ??

Making your cloth mask out of cotton fabric is affordable, as well as helping it be more breathable and comfortable against your skin.

This feels uncomfortable on my skin

Wash up
Wash your face before and after wearing your mask.

Moisturize
Apply lotion or vaseline after washing your face to protect your skin.

Au naturel
Avoid wearing make up under your mask.

Drink up!
Drink water to help moisturize your skin from the inside out.

Roll it in
Use a chafe stick, a product frequently used by runners, to reduce skin chafing.

Get crafty
Use handmade ear savers so the mask straps won’t put too much pressure on your ears.
Learn more about MASKS

When wearing a mask, do not:

- Pull below chin
- Pull below nose
- Hang around neck
- Touch nose bridge
- Touch front of mask
- Reach under mask
- Leave straps hanging
- Cross straps in the back
- Hang from one ear
- Touch phone to mask
- Pull mask out to eat or drink
- Wear on forehead
- Wear wet mask
- Remove mask to cough or talk

Did you know??

Touching your face is a subconscious habit that is often a response to feeling stressed. Take deep breaths and time to relax so you touch it less often.
Learn more about **MASKS**

How to take your mask on and off

**Did you know??**

It takes at least 20 seconds to wash your hands properly? Sing “Happy Birthday” to yourself two times while scrubbing them with soap and water if you don’t have a timer.

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**Properly putting on masks**

1. **Wash** your hands and **sanitize** if you can.

2. **Make sure** your mask fits properly and feels comfortable. **Talk** and make sure the mask doesn’t slip.

   You don’t want to readjust once it’s on.

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**Properly taking masks off**

1. **Don’t touch** your face when you remove mask.

2. **Fold** mask with inside surface facing outside. If you are reusing mask, **store** in a paper bag.

3. **To safely discard your mask, place** it in a plastic bag and put it in the trash.

4. **Wash** your hands or **sanitize**.

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**Learn more about**

**Masks**

**How to take your mask on and off**

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**Properly handle your mask**

### Cleaning Mask

**To wash or not to wash?**

- **X** Surgical masks and N95 masks will break down in a washing machine or with scrubbing.²

- Washing your cloth mask in a washing machine is sufficient to get it clean.³

**Sunlight**

Hang your mask in a sunny place after you wash it to get it extra clean.⁵

### Storing Mask

**Don’t touch outside**

The outside of your mask is considered contaminated after you wear it, so only touch the inside of the mask with clean hands when removing and storing it.

**Proper position**

When storing your mask, fold your cloth or surgical mask in half with the inner surface facing out. And place your N95 face down.

**Paper bag**

Place masks in a bag when storing to avoid touching. Avoid touching inside or outside of bag.

### Disposing of mask

**When to discard**

Cloth masks can be reused many times until the fabric breaks down, but clean yours immediately if it gets soiled or discard/fix it if it is damaged.³

Discard your N95 or surgical mask immediately if it gets damaged or soiled.¹²

**Plastic bag**

Place your mask in a plastic bag before you put in the trash.

**Wash hands or sanitize**

Your hands must be cleaned after handling your mask. Be sure to wash your hands, and sanitize before doing anything else.

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**Did you know?**

Water heated to **140 °F (60 °C)** is best for treating contaminated clothes and fabrics. This temperature can be reached by boiling water on a stove or in a heat cycle of most washing machines and is effective for degrading most viruses.⁵
Learn more about **MASKS**

Making your own cloth mask (w/o sewing)

**Materials**
- 20” x 20” (50cm x 50 cm) cotton cloth (Bandana, T-shirt)
- Coffee filter
- Two hair ties
- Scissors

1. Cut the bottom off a folded coffee filter. Keep the top part.

2. Lay 20” x 20” (50cm x 50 cm) cloth flat in a rectangle. Fold the cloth in half.

3. Fold the cut filter in the center of the folded cloth.

4. Fold the top down. Fold the bottom up.

5. Place hair ties around the folded cloth, 6 inches apart.

6. Fold the side of the cloth in toward the middle and tuck.

7. Place the mask on your mouth and nose. Secure with hair ties.
Learn more about **MASKS**

Making your own cloth mask (sewing)

1. Cut out the two 10” x 6” (26cm x 16cm) rectangles and stack on top of each other.

2. Fold the double layer of fabric over the long sides for 1/4 inch (0.6 cm) and stitch. This hem is to strengthen the mask.

3. Fold over 1/2 inch (1.2 cm) along the short sides and stitch down. This hem is for the ear loops.

4. Make ear loops by threading a 6” (16cm) string through the wider hem on each side and knotting.

5. Pull on the ear loops so the knots are tucked inside the hem.

6. Materials
   - Two 10” x 6” (26cm x 16 cm) rectangles of tightly woven cotton fabric
   - Two 6” (16 cm) pieces of string, cloth strips, or hair ties
   - Needle & thread, or bobby pin & sewing machine
   - Scissors

2. Johns Hopkins School of Public Health, information on types of masks and their uses. [Link](https://www.jhsph.edu/covid-19/articles/the-right-mask-for-the-task.html)


5. World Health Organization, technical brief on boiling water and sanitizing. [Link](https://www.who.int/water_sanitation_health/dwq/Boiling_water_01_15.pdf)

6. Preliminary research on UV light as a disinfectant. [Link](https://www.sciencedaily.com/releases/2020/04/200414173251.htm) [Link](https://www.nebraskamed.com/COVID/how-were-using-ultraviolet-light-to-slow-the-n95-mask-shortage)