

MASK UP *FOR LOUISIANA*

HOW TO SELECT A MASK

Do Choose



Have two or more layers of washable, breathable fabric



Completely cover your nose and mouth



Fit snugly against the sides of your face and don't have gaps

Do NOT choose



Are made of fabric that makes it hard to breathe, for example, vinyl



Have exhalation valves or vents, which allow virus particles to escape



Are intended for healthcare workers, including N95 respirators or surgical masks

Special Situations



Glasses: If you wear glasses, find a mask that fits closely over your nose or one that has a nose wire to limit fogging



Children: If you are able, find a mask that is made for children



Children: If you can't find a mask made for children, check to be sure the mask fits snugly over the nose and mouth and under the chin



Children: Do not put on children younger than 2 years old

Caution



Gaiters: Evaluation is on-going but effectiveness is unknown at this time



Face Shields: Evaluation is on-going but effectiveness is unknown at this time



MaskUpYall.la.gov

HOW TO WEAR A MASK

Wear a mask **correctly** and **consistently** for the best protection. Be sure to wash your hands before putting on a mask and remember **NOT** to touch the mask when wearing it.

Do Wear a Mask that

- Covers your nose and mouth and secure it under your chin
- Fits snugly against the sides of your face



Do NOT Wear a Mask



Around
your neck

On your
forehead

Under
your nose

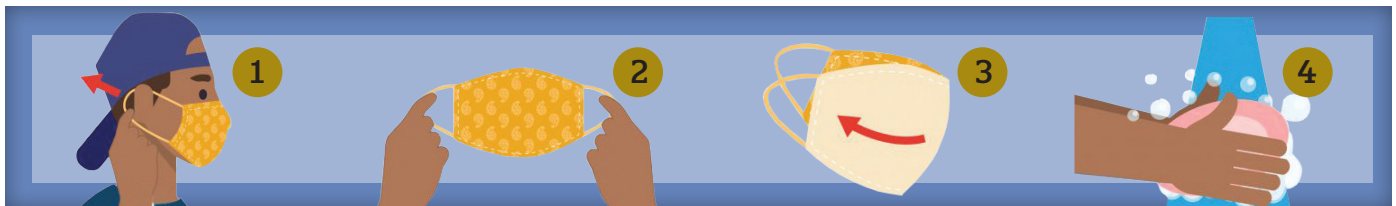
Only on
your nose

On your chin

Dangling
from one ear

On your arm

HOW TO TAKE OFF A MASK



1
Carefully, untie the
strings behind your
head or stretch the
ear loops

2
Handle only by the
ear loops or ties

3
Fold outside
corners together

4
Be careful not to touch your
eyes, nose, and mouth when
removing and wash hands
immediately after removing

HOW TO CLEAN A MASK

Masks should be washed regularly. Always remove masks correctly and wash your hands after handling or touching a used mask.

- Include your mask with your regular laundry
- Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the mask
- Use the highest heat setting and leave in the dryer until completely dry

