FACE MASK AND GLOVE USE REMOVAL AND DISPOSAL

Why wear a face mask?
Facemasks help limit the spread of germs. When someone talks, coughs, or sneezes they may release tiny drops into the air that can infect others. If someone is ill a face mask can reduce the number of germs that the wearer releases and can protect other people from becoming sick. A face mask also protects the wearer’s nose and mouth from splashes or sprays of body fluids. You should wear a face mask when you expect to be around other people. The face mask will help protect you from catching any illness.

How to put on and remove a face mask
Disposable face masks should be used once and then thrown in the trash. You should also remove and replace masks when they become moist. Cloth or homemade facemasks can be washed in the washing machine after each use or when they become visibly soiled. It is extremely important to remember which side is inside and which is outside and avoid touching the outside.

How to put on a face mask
1. Clean your hands with soap and water or hand sanitizer before touching the mask.
2. Determine which side of the mask is the top. Determine which side of the mask is the front.
3. Follow the instructions below for the type of mask you are using.
   - Face Mask with Ear loops: Hold the mask by the ear loops. Place a loop around each ear.
   - Face Mask with Ties: Bring the mask to your nose level and place the ties over the crown of your head and secure with a bow. Then tie the bottom with a bow at the nape of the neck.
   - Face Mask with Bands: Hold the mask in your hand with the nosepiece or top of the mask at fingertips, allowing the headbands to hang freely below hands. Bring the mask to your nose level and pull the top strap over your head so that it rests over the crown of your head. Pull the bottom strap over your head so that it rests at the nape of your neck.
4. Pull the bottom of the mask over your mouth and chin.

How to remove a face mask
1. Clean your hands with soap and water or hand sanitizer before touching the mask. Avoid touching the front of the mask. The front of the mask is contaminated. Only touch the ear.

Working together to create and promote a healthy community through disease prevention and control, health education, environmental protection and emergency preparedness.
loops/ties/band. Follow the instructions below for the type of mask you are using.

2. **Face Mask with Ear loops:** Hold both of the ear loops and gently lift and remove the mask.

3. **Face Mask with Ties:** Untie the bottom bow first then untie the top bow and pull the mask away from you as the ties are loosened.

4. **Face Mask with Bands:** Lift the bottom strap over your head first then pull the top strap over your head.

5. Fold with outside surface into each other so contaminated surface is not visible.

6. Determine if facemask can be used again (is it soiled or moist in any way) and place in brown storage bag or machine wash with soap and water to sterilize if applicable.

7. Clean your hands with soap and water or hand sanitizer.

### Glove use and disposal

Washing your hands with soap and water for 20 seconds is the best defensive against COVID-19. However, when going to the grocery store or other locations where the number of people you encounter is greatly increased, gloves may provide a level of protection. There are some important points to remember when wearing gloves.

- Wash your hands with soap and water before putting on the gloves.
- The virus sticks to latex and other types of gloves so it is important not to touch your face or you could transfer and expose yourself to the virus.
- Remove the gloves using the technique outlined below before touching any personal items such as keys, phone, etc.
- Gloves are intended for one time use only. **Do not reuse gloves.**

The CDC outlines how to properly remove gloves to avoid unintentional germ transmission.

1. Grasp the outside of one glove at the wrist. Do not touch your bare skin.
2. Peel the glove away from your body, pulling it inside out.
3. Hold the glove you just removed in your gloved hand.
4. Peel off the second glove by putting your fingers inside the glove at the bottom of your wrist.
5. Turn the second glove inside out while pulling it away from your body, leaving the first glove inside the second.
6. Dispose of the gloves safely in a trash container. Do not reuse the gloves.
7. Clean your hand immediately after removing gloves.