

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 & water or hand sanitizer before touching your mask.
2. Hold the mask by the loops. Place a loop around each ear.
3. For a mask with ties, hold each string. Bring mask to your face covering your mouth and nose. Then tie it behind your head.
4. Secure the mask above your nose and below chin.

Wear the mask:

1. Wear the mask in public places, especially in areas where people will be such as the pharmacy or grocery store.
2. 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 has been contaminated).
3. Hold both ear loops to gently lift and remove the mask., being careful not to touch your eyes, nose, and mouth.
4. Wash your mask immediately.
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.

COVID-19 Unified Command
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Panhandle Public Health District | Scotts Bluff County Health Department



PANHANDLE PUBLIC HEALTH DISTRICT (308)262-5764 24/7
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TO SELF REPORT OR IF THERE ARE QUESTIONS PLEASE CALL
BEFORE SEEKING MEDICAL CARE