

Homemade face mask information sheet

-April 1, 2020

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

This face mask has been made by a generous individual in our community. It was washed in hot water, dried, and placed in this bag for your personal use. However, homemade masks are not considered personal protective equipment, since their capability to protect health care personnel is unknown. Caution should be exercised when considering this option. Homemade masks should not be expected to protect you from illness. However, they may decrease the likelihood of the wearer spreading significant illness to others around them, especially if he/she is an asymptomatic carrier of COVID-19. At this time, the CDC does not recommend universal use of masks for the general public, but these recommendations are under scrutiny. Social distancing and frequent hand washing still remain of utmost importance to prevent transmission of COVID-19.

Recommendations regarding use of a homemade face mask:

- 1-Wash hands before putting on your mask and do not touch it again unless you have rewashed your hands. Try not to touch your mask except to snug it around your nose and cheeks (which you should only do after washing your hands). Take it on and off by grasping the ear loops.
- 2-Take your mask home and wash it every night. It will lose its ability to block air droplets with time. Consider discarding your mask after it has been washed six times.
- 3-If your mask has a side slit, place a filter in the mask such as a piece of 100% cotton t-shirt, or cut up bags from vacuum cleaners. There are currently no state recommendations regarding the best type of filters to use in homemade masks. Your filter should be discarded daily.
- 4-The more snugly the mask fits on your face, the more effective it will be.

-Shannon Daun, MD