

WEAR FACEMASKS TO SLOW THE SPREAD OF COVID-19

The State of Oregon require that masks be worn on sidewalks and in stores and businesses

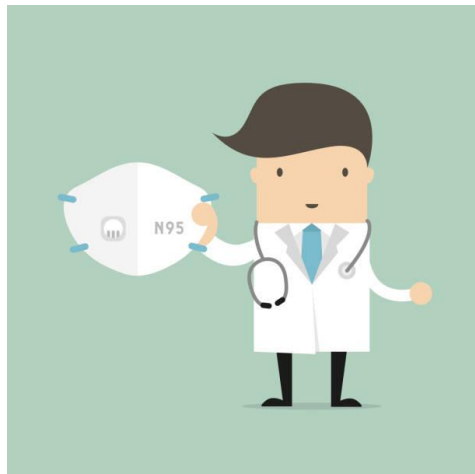


- Masks have been shown to be effective both in protecting yourself and others from Covid-19.
- Masks must be used in combination with frequent handwashing (with soap and water or hand sanitizer) AND physical distancing.
- Know how to use and dispose of your mask properly.
 - Wash your hands with soap and water (or use hand sanitizer) BEFORE you put your mask on.
 - Cover both your mouth and nose with your mask. Make sure there are no gaps between your face and the mask.
 - Avoid touching the mask while using it; if you do, clean your hands with soap and water or hand sanitizer.
 - Replace the mask with a new one as soon as it is damp or soiled. Do not re-use single-use masks.
 - To remove the mask: touch only the ear loops or ties. Discard single use masks immediately in a closed bin. After removing mask, clean your hands with soap and water or hand sanitizer.
 - If you are using a fabric mask, wash it (by hand or in washing machine) in warm/hot soapy water, rinse well, and dry AFTER EACH USE.



WHAT KINDS OF MASKS ARE BEST?

- N95 masks should be reserved for medical personnel.
- Disposable blue pleated paper surgical masks are available and are effective, but they are single use.
- Cloth masks are best for the average person at average risk. They are widely available, and patterns are available for crafty folks who want to make their own.
 - The best masks have 3 layers
 - An outer cotton/poly layer
 - A middle filter layer, or a filter pocket for a disposable filter
 - The filter layer can be polypropylene, silk, or nonwoven filter material
 - An absorbent inner layer, preferably cotton, which is most comfortable against the skin
 - Choose a mask with a nose wire for a close fit, and to minimize glasses fogging
 - Choose a mask that extends well under your chin. Some masks have a fitted chin piece to improve fit.
 - Masks can have either elastic ear loops or ties that tie behind your head. If you wear glasses and/or hearing aids, ties will probably be more comfortable.



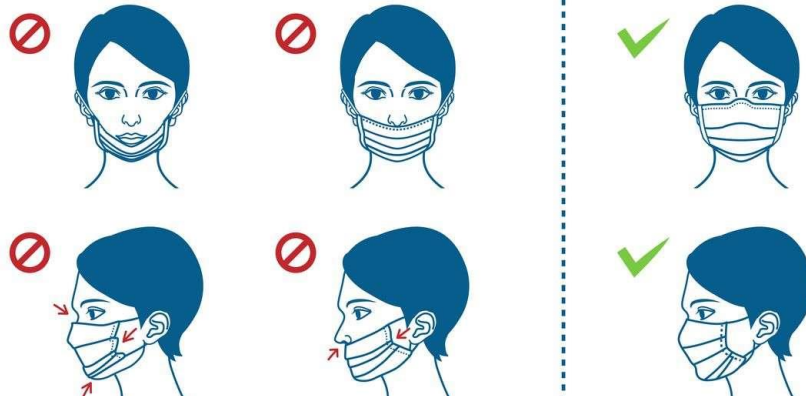
MASKS NOT TO USE

- Any mask with a valve. These masks will NOT protect others from your germs!
- Masks made of thin fabric. Hold your mask up to the light – if you can see spaces between the threads, the fabric is too thin to be effective. Also try blowing out a candle while wearing your mask – if you can, your mask isn't as effective.
- Bandanas or neck gaiters – These can't be made to fit well enough over your nose and mouth.
- Fleece masks or neck gaiters – these may actually increase spread of infective particles
- Face shields worn alone are NOT effective against spread of Covid-19. If you want to use a face shield to protect your eyes, you can, but you still need to wear a mask as well.

HOW NOT TO WEAR A MASK

- Under your chin
- Under your nose
- Over your nose but not your mouth
- Hanging off one ear
- In your pocket

How to wear a face mask correctly



This document is from the North Tillamook Citizens' Public Health & Safety Advisory Committee, based on information from the Oregon Health Authority and the US Centers for Disease Control and Prevention. The North Tillamook Citizens' Public Health & Safety Advisory Committee is a group of local residents with knowledge and experience in public health. Our mission is to provide advice and consultation to North Tillamook County residents, governments, and organizations concerning issues and problems affecting the health and safety of the area's residents and visitors. Questions: email citizenhealthandsafety@gmail.com.