

## Using Masks to Help Slow the Spread of COVID-19

If you need to leave your home, wear a cloth face covering.

All Granite Staters (above the age of 5) [are required](#) to wear a face mask over their noses and mouths any time they are in a public space, indoors or outdoors, where they are unable to or do not consistently maintain a physical distance of at least six feet from persons outside their own household. This advice is based on CDC data about how COVID-19 can spread before a person has any symptoms. A mask helps protect both you and others around you if you are infected and don't know it.

A face mask is one more precaution we can take to help slow the spread of COVID-19 – and is **NOT** a substitute for physical distancing and other prevention measures. You still need to stay at least 6 feet away from people, even when wearing a face covering.

For more information:

[Mask information from the Centers for Disease Control and Prevention](#)  
[New Hampshire COVID-19 Website](#)

### How to choose a mask

Two ways you can make sure your mask is working and keeping you safe are to focus on choosing a multi-layered mask (made of at least 2-3 layers), and that it is well fitted to your face without gaps, and covers the nose and mouth. This will help to keep your respiratory droplets in and others' out.

- Choose a mask with a nose wire
- Use a mask fitter or brace
- Check that your mask fits snugly over your nose mouth and chin
- Use a cloth mask with multiple layers OR wear a disposable mask underneath a cloth mask. Improving the fit and filtration is key
- DO NOT combine two medical procedure masks. Also DO NOT combine a KN95 mask with any other mask

You can also make disposable masks fit better by knotting and tucking the ear loops. To do this:

- Knot the ear loops where they join the edge of the mask
- Fold and tuck the unneeded material under the edges
- For video instructions: <https://youtu.be/UANi8Cc71A0>



## Putting a cloth face covering on

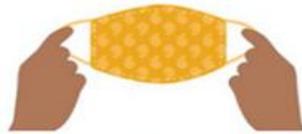
- With clean hands determine the outside of the cloth face covering and that should face away from you.
- Grasp the cloth face covering by the ear loops and place a loop around each ear.
- Make sure the cloth face covering covers your mouth AND nose.
- Avoid touching the front of your cloth face covering while it is in place.
- If it becomes soiled you should replace it.
- If you touch the cloth face covering wash your hands.

## How to Take off a Mask



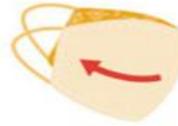
1

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



2

Handle only by the earloops or ties



3

Fold the outside corners together



4

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

## How to store a mask



### Store wet or dirty masks in a plastic bag

If your mask is wet or dirty from sweat, saliva, make-up, or other liquids or substances, keep it in a sealed plastic bag until you can wash it.



### Store masks that are NOT wet or dirty in a paper bag

You can store your mask temporarily to reuse later. Keep it in a dry, breathable bag (like a paper or mesh fabric bag) to keep it clean between uses. When reusing your mask, keep the same side facing out. If you are taking off your mask to eat or drink outside of your home, you can place it somewhere safe to keep it clean, such as your pocket, purse, or paper bag.

## Washing and drying your re-usable mask

You should wash your mask when it gets dirty or at least daily. Most re-usable masks can be washed with your other laundry. Use regular detergent and wash according to the label. You can also wash you mask by hand. Make sure to rinse out all the detergent.

Dry your mask either in the dryer or by hang drying. If you cannot hang dry it, lay it flat and make sure to let it dry completely before use.

