

# FACE MASK DO'S & DON'TS

## How to Wear

### Cloth face coverings should:

- Fit snugly but comfortably against the side of the face
- Be secured with ties or ear loops
- Include multiple layers of fabric
- Allow for breathing without restriction
- Be able to be laundered and machine dried without damage or change to shape

### Need a Mask?

Contact David Beck at  
[beckd@washtenaw.org](mailto:beckd@washtenaw.org)  
or  
734-544-6748

## Do's & Don'ts

### DO

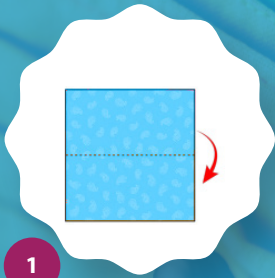
- ✓ Make sure you can breathe through it
- ✓ Wear it whenever going out in public
- ✓ Make sure it covers your nose and mouth
- ✓ Wash after using
- ✓ Discard old masks in a trash bag or dumpster

### DON'T

- ✗ Use if under 2 years of age
- ✗ Use surgical masks or other PPE intended for healthcare workers
- ✗ Use if you have a medical condition that doesn't allow you to wear one
- ✗ Discard old masks into recycling bin
- ✗ Discard masks on ground

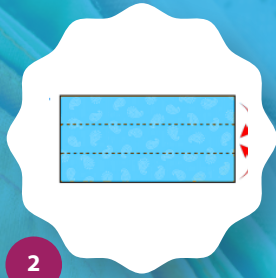
Visit these websites for updates.  
[washtenaw.org/COVID19](http://washtenaw.org/COVID19)  
[michigan.gov/coronavirus](http://michigan.gov/coronavirus)  
[cdc.gov/COVID19](http://cdc.gov/COVID19)

# DIY No-Sew Mask



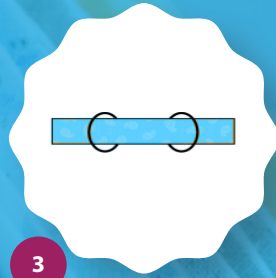
1

**Fold bandanna or similar fabric in half.**



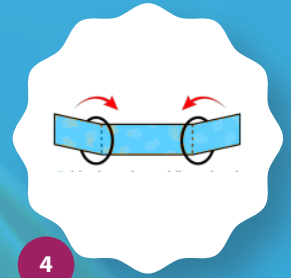
2

**Fold top down. Fold bottom up.**



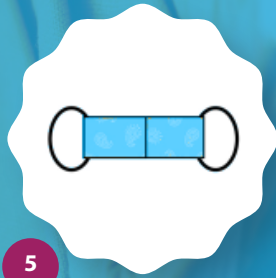
3

**Place rubber bands or hair ties about 6 inches apart.**



4

**Fold side to the middle and tuck.**



5



6



**WATCH NOW**

Scan code with smart-phone to watch how to make your own face mask.

**Materials Needed: 1 bandanna & 2 hair ties (or rubber bands)**

## FAQ

**Should cloth face coverings be washed/cleaned regularly? How regularly?**

Yes. They should be regularly washed depending on how often it is used.

**How do you safely clean a cloth face covering?**

A washing machine properly cleans a cloth face covering. You can also wash by hand, machine dry or air dry.

**How does one safely remove a used cloth face covering?**

Individuals should be careful not to touch their eyes, nose, and mouth when removing their cloth face covering and wash hands immediately after removing.

**How do you properly dispose of PPE/masks?**

Please discard into a plastic trash bag that is securely tied shut and safely dispose of in a TRASH curb cart or dumpster. DO NOT recycle and DO NOT litter.