

# Medical-Grade Masks Instructions

## HOW TO PROPERLY FIT MEDICAL-GRADE MASKS



- Check that it fits snugly over your nose, mouth, and chin.
- Check for gaps by cupping your hands around the outside edges of the mask.
- Make sure no air is flowing from the area near your eyes or from the sides of the mask.
- If the mask has a good fit, you will feel warm air come through the front of the mask and may be able to see the mask material move in and out with each breath.

### Mask Removal and Re-Use

- Perform hand hygiene
- Remove medical mask by holding the ear loops. The front is contaminated, so remove slowly and carefully. Do not let loops touch your face.
- Remove surgical mask by untying lower ties **FIRST**. Untie upper ties last. The front is contaminated, so remove slowly and carefully. Ensure ties do not fall into clean interior side of mask.
- After removing the mask, visually inspect for contamination, distortion in shape/form. If soiled, torn, or saturated the mask should be discarded.
- If the mask is **NOT** visibly soiled, torn, or saturated, carefully fold so that the outer surface is held inward and against itself. The folded mask can be stored between uses in a clean sealable paper bag or breathable container.

**For more information about upgraded masks and respirators, visit:**

[www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/types-of-masks.html](http://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/types-of-masks.html)

