MASK UP 101

Putting On and Taking Off a Mask

Wearing a face mask is only effective when the mask is worn properly. **Follow these simple steps to safely put on and take off your mask.**

1

Wash or sanitize your hands before touching your mask. Your hands need to be clean before you put them near your nose, eyes, and mouth.

2

As much as possible, only touch the mask on its straps or ear loops. The front of the face mask is where there's the highest risk of contamination.

3

Secure the mask to your head. Make sure it fits snugly, covers the bridge of your nose, and stretches under your chin.

4

After touching your mask, always wash or sanitize your hands. If you need to adjust the mask at any point, don't forget to clean your hands again.

5

When you're ready to take off the mask, only touch the straps or ear loops as you remove it from your face. Once again wash your hands before and after touching your mask.

Storing a Mask

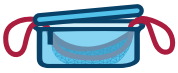
There are many different ways that you can safely store your face mask between uses and washes. **Choose a clean, breathable container** like a paper bag or an unsealed plastic container, and follow these steps to reduce the risk of spreading sickness.

1

Wash your hands and remove your mask by only touching the straps or loops.

2

Fold the mask in half, so the inside of the mask is touching itself. This reduces the risk of contamination from contact with the front of the mask. This keeps the inside of your mask clean and away from germs.



3

Place the folded mask inside your clean, breathable container.

4

Wash or sanitize your hands afterwards.

5

When it is time to remove the mask from the container, once again try to only touch the mask's straps or loops.

Washing a Mask

The Indiana State Department of Health recommends washing masks at least once per day. You can wash a mask by hand or in a washing machine, just like you would wash laundry. Make sure the mask is allowed to dry completely before storing or wearing it.

If you wash masks by hand, prepare a bleach solution by mixing five tablespoons of household disinfecting bleach per gallon of room temperature water and soak your mask for five minutes. Rinse thoroughly with room temperature water.

If you wash with your laundry, be sure to use detergent and the warmest appropriate water setting.

Indiana State Department of Health