DON'T HAVE AN EAR LOOP MASK?

USE ANOTHER MATERIAL

- Tea towels, 100% Cotton T-shirts or pillowcases can be used to make a mask

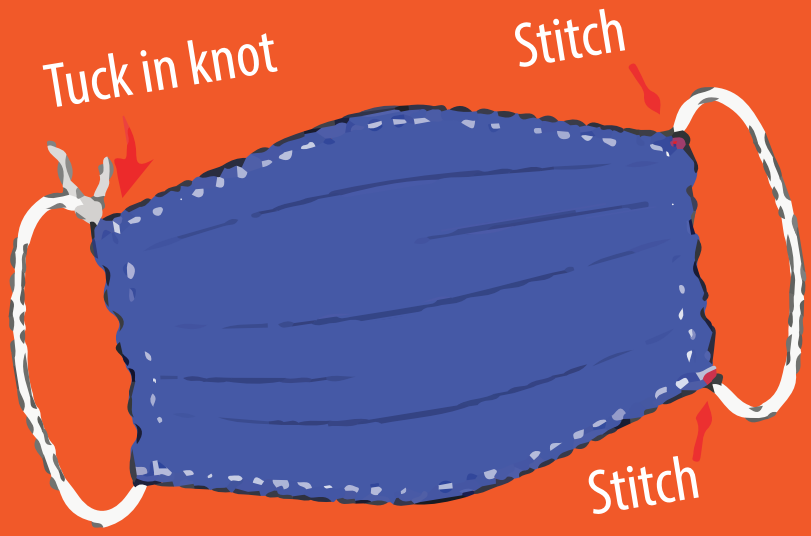
MASK ETIQUETTE EXPLAINED!

FIGHT COVID

Provided by SUNY Upstate Medical University

MAKE AN **EASY FACE MASK**

- Build a mask at home with cloth, scissors, and rubber bands



MASK ETIQUETTE EXPLAINED!

FIGHT **COVID**

Provided by SUNY Upstate Medical University

MAKE SURE IT FITS

- Your mask should be snug, include multiple layers of material, and allow easy breathing

MASK ETIQUETTE EXPLAINED!

FIGHT COVID

Provided by SUNY Upstate Medical University

COVER BOTH YOUR MOUTH AND NOSE

- Wear your mask completely over your mouth and nose

MASK ETIQUETTE EXPLAINED!

FIGHT COVID

Provided by SUNY Upstate Medical University

COVER UP AROUND PEOPLE

- Wear your mask in all public locations (i.e. classrooms, grocery stores, activity centers, dining halls and dorms)

MASK ETIQUETTE EXPLAINED!

FIGHT COVID

Provided by SUNY Upstate Medical University

DON'T TOUCH YOUR MASK

- Touching your mask may cause viral spread and contamination

MASK ETIQUETTE EXPLAINED!

FIGHT COVID

Provided by SUNY Upstate Medical University

TAKE OFF YOUR MASK **THE RIGHT WAY** EVERY TIME

- Clean hands first
- Remove by the straps behind your ears or head

MASK ETIQUETTE EXPLAINED!

FIGHT **COVID**

Provided by SUNY Upstate Medical University

STORE MASK IN A **CLEAN AND STERILE AREA**

- Store reusable masks in a clean plastic bag if it is not dirty or wet

MASK ETIQUETTE EXPLAINED!

FIGHT COVID

Provided by SUNY Upstate Medical University

CLEAN THAT DIRTY THING

- Wash a reusable mask in hot water and soap/detergent every 1-2 days
- Machine wash is fine
- Replace a non-reusable mask with a fresh one

MASK ETIQUETTE EXPLAINED!

FIGHT COVID

Provided by SUNY Upstate Medical University

PROTECT YOURSELF FROM GETTING SICK

- On average, 100,000 contagious germs are released into the air during a cough or sneeze

WEAR A MASK!

STOP COVID

Provided by SUNY Upstate Medical University

AVOID CATCHING IT FROM SOMEONE NEAR YOU

- Meet up with a mask and reduce your risk of getting sick

WEAR A MASK!

STOP COVID

Provided by SUNY Upstate Medical University

DON'T BE THE SUPER SPREADER

- The face cover protects other people in case you are infected

WEAR A MASK!

STOP COVID

Provided by SUNY Upstate Medical University

EVERY SNEEZE SHOOTS GERMS INTO THE AIR AT 100 MPH

- Cover your mouth with a mask or face cloth

WEAR A MASK!

STOP COVID

Provided by SUNY Upstate Medical University

WEAR A MASK **WHEN YOU LEAVE HOME**

- It mainly spreads from person to person when an infected person coughs, sneezes, or talks

WEAR A MASK!

STOP **COVID**

Provided by SUNY Upstate Medical University

WEAR A MASK
IN PUBLIC

- Viral droplets can enter your mouth or nose

Protect yourself: wear a mask over both

WEAR A MASK!

STOP COVID

Provided by SUNY Upstate Medical University

TO STAY HEALTHY, WEAR A MASK

- Persons with mild or no symptoms can spread COVID-19

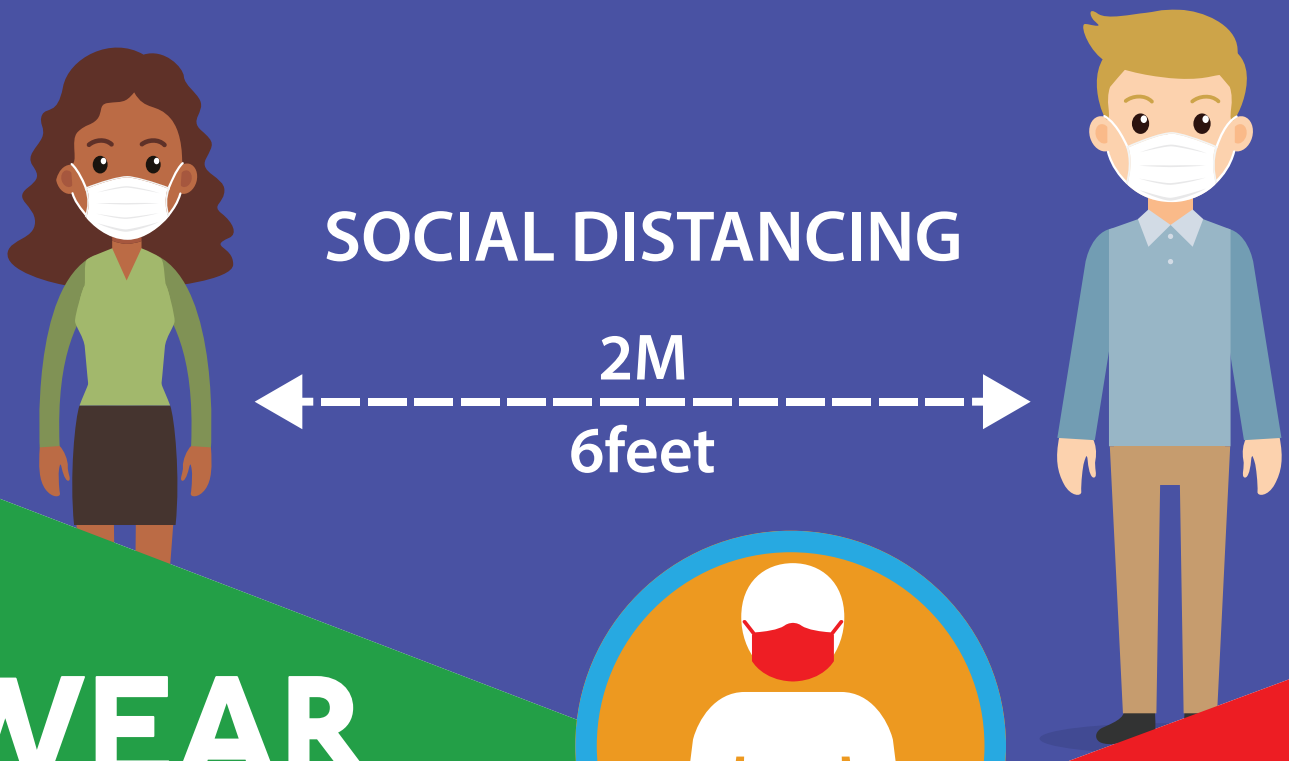
WEAR A MASK!

STOP COVID

Provided by SUNY Upstate Medical University

SOCIAL DISTANCING **IS NOT ENOUGH.**

- Cover your Face and Stay Six Feet Away



WEAR A MASK!

STOP **COVID**

Provided by SUNY Upstate Medical University