



eve anderson
recruitment limited



WEARING YOUR MASK

Quick tips & Reminders
from Eve HSE team

MEETING PEOPLE

Masks should always be worn
when interacting with other
persons



WASH HANDS FIRST

Persons must wash their hands
before putting on masks and
after.

ADJUST YOUR MASK

The mask should fit securely
around the face, chin and nose.



WEARING GLASSES

Your glasses should be placed
to rest on the mask.

DON'T TOUCH YOUR FACE

Avoid touching your face while
your mask is on



USE A HAND SANITIZER

If soap and water is not
available.



WASH YOUR MASK

Reusable masks should be washed after
every use. Hot water and dish soap or
detergent can be used to clean the mask

HOW TO PROPERLY WEAR A FACE MASK

DO wear a fabric mask safely.



- ✓ Always wash your hands before and after wearing a mask.
- ✓ Use the ties or loops to put your mask on and pull it off.
- ✓ Don't touch the front of the mask, especially when you take it off.
- ✓ Put on and remove your mask while inside your home. Public transportation, elevators and stairwells can be high-contamination areas.
- ✓ Wash and dry your cloth mask daily and keep it in a clean, dry place.
- ✓ Remember that masks offer only limited protection and work best in combination with hand washing and physical distancing.



DON'T:
Wear the mask below your nose.



DON'T:
Leave your chin exposed.



DON'T:
Wear your mask loosely with gaps on the sides.



DON'T:
Wear your mask so it covers just the tip of your nose.



DON'T:
Push your mask under your chin to rest on your neck.

Improve How Your Mask Protects You

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/effective-masks.html>



When choosing a mask, look at how well it fits, how well it filters the air, and how many layers it has:

- 1 Make sure your mask fits snugly against your face.
- 2 Pick a mask with layers to keep your respiratory droplets in and others' out.

Do

Improve fit



Choose a mask with a **nose wire**

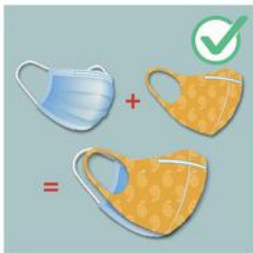


Use a **mask fitter** or **brace**



Check that it **fits snugly** over your nose, mouth, and chin

Add layers of material



2 ways to layer

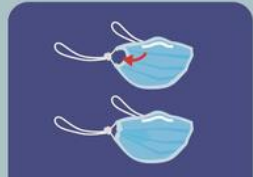
- Use a cloth mask that has multiple layers of fabric
- Wear a disposable mask underneath a cloth mask. The cloth mask should push the edges of the disposable mask against your face.

Make sure you can see and breathe easily

Knot and tuck ear loops of a 3-ply mask



Knot the ear loops



Fold and tuck in unneeded material



Check for close fit

Do NOT



Combine two disposable masks



Combine a KN95 mask with any other mask.



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cdc.gov/coronavirus

**Book a meeting with our Advisor,
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