

# Ottawa County Residents

## COVID-19

### Gloves and Face Masks

Community Partners in the Ottawa County COVID-19 Response



**Ohioans** are now being asked to wear cloth masks in public settings where other social distancing measures are difficult to maintain.

Wearing a mask should not scare people. It is a good thing. It is a considerate thing. Wearing a mask will not prevent someone from contracting COVID-19, but it can help prevent them from spreading it to others.

Wearing a cloth mask in public is not mandatory, but it is strongly recommended. Cloth masks are **not** a substitute for social distancing, but rather, it is a complement to social distancing.

Many people are also using gloves while in a public setting. Wearing, removing and disposing of this protective equipment properly is imperative to our safety and also maximizes their benefits.

## GLOVES

Should be used only once and discarded in the trash.

Please do not litter!

Wash your hands before and after use.



## FACE MASKS



Remove the mask from the packaging and make sure there are no obvious tears or holes in either side of the mask.

### Look it over!

- Determine which side of the mask is the top.
- The side of the mask that has a stiff bendable edge is the top and is meant to mold to the shape of your nose.
- Determine which side of the mask is the front.
- The colored side of the mask is usually the front and should face away from you, while the white side touches your face.
- Follow the instructions below for the type of mask you are using.

### A FEW OTHER REMINDERS:

- While wearing the mask do not touch the outside of the mask.
- Do not touch any part of your face.
- Do not attempt to sanitize your mask in the microwave as this is an extreme fire hazard.



**Face Mask with Ties:** Bring the mask to your nose level and place the ties over the crown of your head and secure with a bow.

**Face Mask with Bands:** Hold the mask in your hand with the nosepiece or top of the mask at fingertips, allowing the headbands to hang freely below hands. Bring the mask to your nose level and pull the top strap over your head so that it rests over the crown of your head. Pull the bottom strap over your head so that it rests at the nape of your neck. Mold or pinch the stiff edge to the shape of your nose.

Your profile view should look like this -



**Face Mask with Ear loops:** Hold the mask by the ear loops. Place a loop around each ear.



### HOMEMADE MASK GUIDANCE

There are many styles and patterns people are using. Follow these basic tips when wearing a homemade face mask -

- Guidance on making your own mask may be found at <https://coronavirus.ohio.gov>
- Mask should fit snugly
- Covers nose, part of cheek and under chin – no gaps
- Made of multiple layers of fabric
- When removing, do not touch front of mask, do not shake mask - place in container or baggie and close securely
- Mask may be washed in washing machine prior to next wearing

# REMOVING YOUR FACE MASK

Always clean your hands with soap and water or hand sanitizer before beginning the process of removing your mask - and again after you have completed removing your mask.



Follow the instructions below for the type of mask you are using – It is very important to remember to **avoid touching the front of the mask**. The front of the mask is contaminated. Only touch the ear loops/ties/band.



**Face Mask with Ties:** Untie the bottom bow first then untie the top bow and pull the mask away from you as the ties are loosened.

**Face Mask with Bands:** Lift the bottom strap over your head first then pull the top strap over your head.



**Face Mask with Ear loops:** Hold both of the ear loops and gently lift and remove the mask.

**Throw the used mask in the trash** – unless it is a homemade fabric mask that may be washed. **Do not** attempt to sanitize your mask in the microwave.

Wearing a cloth mask in public is not mandatory, but it is strongly recommended. Cloth masks are **not** a substitute for social distancing, but rather, it is a complement to social distancing. Please continue to wash your hands regularly and follow the prevention guidelines in order to protect yourself and others. Additional guidance may be found at <https://coronavirus.ohio.gov>

Together Ohio –  
Together Ottawa County!

## CORONAVIRUS DISEASE 2019 **Ohio** | Department of Health

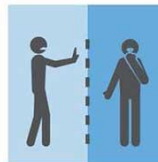
Protect yourself and others from COVID-19 by taking these precautions.

### PREVENTION

For additional information call 1-833-4-ASK-ODH or visit [coronavirus.ohio.gov](https://coronavirus.ohio.gov).



STAY HOME



PRACTICE SOCIAL DISTANCING



GET ADEQUATE SLEEP AND EAT WELL- BALANCED MEALS



WASH HANDS OFTEN WITH WATER AND SOAP ( 20 SECONDS OR LONGER)



DRY HANDS WITH A CLEAN TOWEL OR AIR DRY YOUR HANDS



COVER YOUR MOUTH WITH A TISSUE OR SLEEVE WHEN COUGHING OR SNEEZING



AVOID TOUCHING YOUR EYES, NOSE, OR MOUTH WITH UNWASHED HANDS OR AFTER TOUCHING SURFACES



CLEAN AND DISINFECT "HIGH-TOUCH" SURFACES OFTEN



CALL BEFORE VISITING YOUR DOCTOR



PRACTICE GOOD HYGIENE HABITS