

COVID-19 can be spread by someone even when they are asymptomatic. By covering your mouth and nose with a mask, you are protecting others. Remember: If you get the flu, you could spread it to about 14 people; if you get COVID-19, you could spread it to thousands. It spreads that easily. Face masks can prevent that from happening.

Employers are required to provide employees with face coverings when required. You may also choose to bring in your own mask that you bought or made. If you want to use your own, please check with your supervisor to make sure it will keep you safe.

Face Masks do not take the place of Social Distancing.

Thank you for your efforts to keep yourself and our communities healthy!

How to wear a face mask:

- **Wash your hands thoroughly before putting on the mask**, and immediately after taking the mask off and after storing or throwing away the mask.
- To keep you and others safe, all face masks must cover your nose and mouth with no gaps between the mask and your face. Always treat the outside of the mask as if it is dirty and wash your hands as soon as you take it off.
- If both sides of the mask look similar, mark the top outer surfaces so that reuse is easier
- **Never remove your mask by touching the mask material itself.** Use the elastic or ties to remove the mask.
- **Launder daily.** Check providers instructions for appropriate laundering temperatures. Hang to air dry.
- Inspect mask to determine if it can be used again. If it is soiled or wet – replace.
- If OK to reuse, fold mask in half (lengthwise or widthwise), so the outside surfaces are touching each other.
- **Store in a clean personal paper bag or vented plastic bag when not in use.** (label if needed)

- Do Not place directly in pocket, toolbox, or unprotected area

Benefits of wearing a face mask:

- Wearing a face mask may not protect you from COVID-19, but it will protect others if you are sick. Face coverings are designed to catch your own oral droplets from contaminating others.
- By wearing a mask, it reminds people to keep a safe distance from each other.
- It prevents you from touching your mouth, nose, and parts of your face with an unwashed hand.
- Even when wearing a face mask, you should continue to practice social distancing (keep 6 feet away from others, avoid close contact).

DOSH has updated the attached Directive to extend guidance to all industries. In addition, information is provided for the assessment and use of cloth face coverings and respirators for COVID-19.



DD 11.80 Fit-Testing for N95 Facepieces Di

If you want to make a mask, here are several resources found on the L&I website.

Making a mask: This video shows you how to make one without sewing: How to Make Your Own Face Covering.

<https://www.youtube.com/watch?v=tPx1yqvJgf4&feature=youtu.be>

If you have a sewing machine, try these: How to Make a DIY Face Mask (that has a filter)

<https://www.youtube.com/watch?v=tDt02kUpP9Q>

How to Sew a Fitted Cotton Face Mask.

<https://sweetredpoppy.com/how-to-sew-a-fitted-fabric-mask/>