

Cloth Mask—Instructions for Wearers

Disclaimer: Masks have been made and donated by volunteers without any specific training in mask making. A homemade, fabric **mask is NOT medical grade** Personal Protection Equipment (PPE) even if a filter material is inserted. These cotton barrier masks are NOT as effective at stopping the spread of Covid-19 as surgical or N95 masks and no guarantees regarding their safety or effectiveness is given or implied. All masks need to be used correctly, changed frequently and washed at high temperatures. This design is NOT approved by any medical professional and is not meant for hospital use. It is **imperative that good handwashing and social distancing are maintained when these masks are worn.**



Further safety information may be found here:

<https://www.sewfacemaskshilly.com/copy-of-mask-safety>

<https://www.sfdcp.org/communicable-disease/healthy-habits/how-to-put-on-and-remove-a-face-mask/>

Filter Pocket — filters should only be used once there is scientific evidence regarding their safety

This mask has been designed with a filter pocket at the back so that an additional filter layer can be added. According to various internet sources, filters currently being used include: kitchen roll, blue paper towel, cut up Hepa filters, interfacing or pieces of shower curtain. However, all of these things may contain chemicals or fibres which are dangerous to inhale. Hepa filters are particularly dangerous as they often contain glass fibres. Therefore, it is not recommended to use a filter until its safety has been scientifically established.

1) Before Wearing the Mask

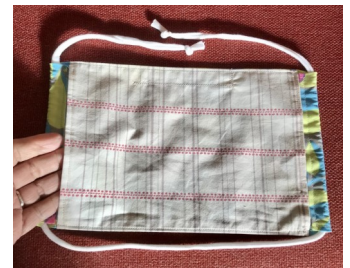
- **Wash and dry the mask before every use**
- Remove the metal strip/wire/pipe cleaner in the casing which runs along the top of the mask (you may need to pull it out with tweezers)
- Wash the mask in a hot (60°C) wash with your usual washing powder, preferably fragrance free and without fabric conditioner
- Air dry outside or tumble dry
- Iron on a hot (preferably steam) setting.
- Store in a clean, dry place away from possible contaminants until needed.



Front of mask—faces away from your mouth

2) Putting the Mask On

- **Wash and dry your hands** thoroughly before touching the mask
- Place the pocket side towards your mouth with the head loop at the bottom and wire nose piece at the top.
- Place the loop over your head and pull the ties tight.
- Pinch the wire nose piece to the shape of your nose.
- Make sure the mask fits snugly over your nose and under your chin.



Back of mask with filter pocket, faces towards your mouth

3) Wearing the Mask

- **Once your mask is in place do not touch it without washing your hands before and afterwards.**
- Do NOT wear a mask below your nose, leave your chin exposed, or push mask under chin or on top of head temporarily, and then put it back.

4) Removing the Mask

- Remove the mask carefully, touching only the ties, and store it in a bag or box until it can be washed
- **WASH YOUR HANDS** after touching or removing the mask

The mask MUST be washed, dried and ironed before being used again



**ALWAYS
WASH YOUR HANDS
BEFORE AND AFTER
TOUCHING YOUR
MASK**