

Information on the use of surgical masks, hand sanitizer, and handwashing

<https://health.mo.gov/living/healthcondiseases/communicable/novel-coronavirus/ppe.php>

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/using-ppe.html>

How to Wear a Surgical Mask Correctly

Here are some step-by-step instructions for wearing a surgical mask correctly:

1. **Clean your hands** with **soap and water, or hand sanitizer**, before touching the mask
2. Hold the mask with the **stiff bendable strip on top**, and the **colored side facing outwards**.
3. *If the surgical mask has ear loops* – hold the mask by the ear loops, and place a loop around each ear.
4. *If the surgical mask has ties* – bring the mask to your nose and place the ties over the crown of your head, and secure by tying them in a bow.
5. *If the surgical mask has elastic bands* – bring the mask to your nose and pull the top band over your head and let it rest on the crown of your head, and then pull the bottom strap over your head and let it rest on the nape of your neck.
6. Mold or **pinch the nose strip** to conform to the shape of your nose.

How to Remove a Surgical Mask Correctly

After use, the mask will be dirty / contaminated and must be removed and disposed of properly.

Please follow these instructions, to avoid infecting yourself while removing your mask:

1. **Clean your hands** with **soap and water, or hand sanitizer**, before touching the mask.
2. **AVOID touching the front of the mask**, because it is contaminated. Only touch the ear loops / ear ties / ear bands.
3. *If the surgical mask has ear loops* – hold and unhook both ear loops and gently lift the mask away from your face.
4. *If the surgical mask has ties* – untie the bottom bow first, followed by the top bow, before pulling the mask away from your face
5. *If the surgical mask has elastic bands* – lift the bottom strap over your head first, and then pull the top strap over your head
6. Holding the mask only by the ear loops / ear ties / ear bands, **dispose of the mask in the trash**.

7. **Clean your hands** with **soap and water, or hand sanitizer** again, before touching anything else.

Follow these steps when using hand sanitizer: (should contain at least 60% alcohol)

- Apply the gel product to the palm of one hand in the correct amount, per the directions on the bottle.
- Rub your hands together.
- Rub the gel all over the surfaces of your hands and fingers until your hands are dry, which should take around 20 seconds.

Mask –

- Clean hands with soap and water or hand sanitizer before touching the mask.
- Secure ties or elastic bands at middle of head and neck
- Fit flexible band to nose bridge
- Fit snug to face and below chin
- With clean hands, untie or break ties at back of head
- Removed mask by only handling at the ties, then discard in waste basket
- Wash hands
- Homemade masks can be used as a last resort. These should be washed/disinfected daily.
- DO NOT reuse face masks

Follow these steps every time when you wash your hands:

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

For more information on handwashing visit

<https://health.mo.gov/living/families/handwashing/>