

## **GUIDELINES FOR CLOTH FACE MASKS, CLOTHING AND OTHER ITEMS – COVID 19**

Research conducted regarding material face masks, as well as treatment/cleaning of items revealed the following information.

### **Face Masks**

It is recommended that tightly woven cotton, such as quilting fabric or cotton sheets be used for manufacturing face masks. T-shirt fabric will work if cotton is not available. Ties can be made of elastic bands, material elastic (millinery elastic) or tie strings. Ear loops or elastic/strings around the head (tying around the head might be a better option if the mask is to be worn for an extended time to prevent chafing) are the most common ways to secure the mask.

Face masks should,

- Fit snugly but comfortably around the sides of the face.
- Cover the nose and the mouth.
- Include multiple layers of fabric.
- Allow for breathing without restriction.
- Be able to be laundered and machine dried without damage or change to shape.
- Not be touched while wearing to prevent transfer of harmful pathogens to other surfaces.
- When removed, be placed in a bag to limit dispersing the virus/harmful particles.
- Remove and safely discard gloves, and wash hands right away.
- Individuals should be careful not to touch their eyes, nose, and mouth when removing their face covering and wash hands immediately after removing.

It is advisable to provide service personnel with 2-3 masks in order to use a clean mask if needed.

Cleaning of masks, clothing, and other items

- Launder by using washing detergent at the warmest appropriate water setting and dry items completely. (It is therefore not necessary to disinfect prior to washing)
- Iron clothing and masks after drying.
- Wear disposable gloves when handling dirty laundry such as masks, overalls etc.
- Dirty laundry from a person who is sick, or may have been exposed, can be washed with other people's items.
- Do not shake dirty laundry.
- Remove gloves, and wash hands right away.