



AMERICAS  
COMMUNITY CENTER  
PEOPLE WORKING TOGETHER

## INFORMATIVE FACE MASK GUIDE:

### How to use the Cotton Reusable Mask?

- ✓ Wash the Mask before use.
- ✓ To use the mask: with clean hands, put the elastics or the straps behind the ears.
- ✓ You should take off your mask by removing the elastics or straps from behind your ears, put the mask in a plastic bag to wash it. **DO NOT TOUCH THE FRONT.**
- ✓ Think of a mask as like underwear: It needs to be washed after each use and should be changed at least every 4 hours.
- ✓ After each use, put it into the laundry basket or wash it immediately.
- ✓ To eat any food, it is necessary to completely remove the mask

### KEEP IN MIND

- ✓ Always have your face covered
- ✓ Keep a distance of at least 6 feet from other people
- ✓ Avoid group meetings
- ✓ Go out only if it is necessary
- ✓ Wash your hands frequently with soap and water

The CDC says not to seek out medical or surgical-grade masks for yourself and to leave N95 respirator masks to health care workers, opting instead for basic cloth or fabric coverings that can be washed and reused.

### If I'm wearing a mask and someone sneezes on me, would the mask offer some protection?

Yes. But only if you use the mask properly and don't touch it with your hands afterward. Those droplets from a cough or sneeze would hit your mask instead of your mouth and nose — good news. But the next step is to take the mask off by the ear bands and either wash or discard it — without touching the front of it. If you touch the front of the mask, whatever that person coughed or sneezed on it is now on your hands.

### How often do I need to wash it?

You should change the mask every four hours, put it in a bag to wash it. It is important that you carry several units in your bag and keep the used ones separate from the clean ones.

Every time you're going to manipulate the mask wash your hands with soap and water.

*The person using the donated mask understands that it is a donation and will not hold Americas, Board of Directors, or their volunteers responsible in any way. The person utilizing the masks is responsible for their own protection.*

