

Face Mask Guidance

WEARING YOUR FACE MASK PROPERLY



A face mask won't help you if it is not worn properly. The face mask should fit snugly but comfortably against the side of the face, be secured with ties or ear loops, include multiple layers of fabric, and allow for breathing without restriction.

HOW TO CLEAN AND DECONTAMINATE CLOTH FACE MASKS

Cloth face masks should be washed frequently, at least daily.
Dirty masks should be placed in a dedicated laundry bag or bin.
Cloth masks should be laundered using detergent with hot water and then dried on a hot cycle to kill bacteria and microbes.

Basically, hot soapy water is the key.

If you must re-use your mask before you are able to wash it, it is recommended to wash your hands immediately after putting it back on and to avoid touching your face.

You can also decontaminate a cloth mask by placing in an oven set at 170 degrees for 30 minutes

Discard or get rid of cloth face coverings that:

- No longer cover the nose and mouth
- Have stretched out or damaged ties or straps
- Cannot stay on the face
- Have holes or tears in the fabric

INFORMATION FROM THE CDC

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

Masks do not prevent you from getting COVID-19 -they are meant to help keep others around safe if you are infectious. Masks do not reduce the need for staying away from public settings, gatherings, and practicing social distancing (staying 6ft away from others).

How to Sterilize the TCC GO! Mask

**Bake at 170 degrees for 30 minutes
(Preheat oven before inserting mask)**

Masks provided by the TCC GO! Program

**TCC GO! helps prepare village-based
students for health careers**

TCC GO! offers:

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For program information, contact

Edward Alexander, TCC Education Manager
(Edward.alexander@tananachiefs.org),

Stephanie Hinz, TCC GO! Program Manager
(Stephanie.hinz@tananachiefs.org),

Blanche Murphy, Education Program Coordinator
(blanche.murphy@tananachiefs.org).

Academic advisors

Isaac Bettis

(Isaac.bettis@tananachiefs.org)

Alicia Kangas

(Alicia.kangas@tananachiefs.org)

are also available to answer questions.