

Coronavirus (COVID-19)

Slow the Spread with Masks and Face Coverings



A face covering should be worn whenever you are in a public setting, especially when you may be near people. Face coverings must be used with proper hand washing and social distancing (keeping 6 feet away from others). Face coverings should also be worn if you are caring for others who are sick or are sick yourself. (Do not go in public if you are sick other than for medical care.) Face coverings are not for children under age 2, anyone who has trouble breathing, is unconscious or otherwise unable to remove the mask without help. Reserve medical masks for health care workers.

Step 1- Wash your hands.

Before putting on a face mask or covering, wash your hands with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer with at least 60% alcohol if soap and water are not available. Do not use a damaged or wet face covering.



Step 2- Put on mask.

Cover your mouth and nose with the face covering. Make sure there are no gaps between your face and the covering. If it has ties, tie at the crown of the head then the nape of the neck. Do not crisscross the straps. If your covering has a metal piece along the bridge of the nose, gently bend and mold it against your face.



Step 3- Do not touch mask.

Do not touch your face while using your face covering. Consider the fabric that covers your face contaminated. If you do touch it, wash your hands or use hand sanitizer. Do not hang the covering from your neck or one ear.



Step 4- Remove mask.

To remove, lean forward, untie strings or grab elastic loops. Do not touch your face or the part of the mask that covers your face because it may be contaminated.

Step 5- Clean/dispose of mask.

If your face covering is a single-use disposable mask, throw the used mask directly in the trash. If your face covering is a reusable cloth covering, wash it in hot water and dry it (preferably in a dryer) before wearing it again.



Step 6- Wash your hands.

Immediately after removing your face covering, wash your hands with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not immediately available.

Where can I find more info?

COVID-19 Hotlines:

ICHHD: (517) 887-4517

MDHHS: 888-535-6136

Websites:

ICHHD: hd.ingham.org/coronavirus

MDHHS: michigan.gov/coronavirus



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