

COVID-19 Mask Do's and Don'ts Transcript

Do this when buying, wearing, removing and reusing masks.

A number of stores and retailers are selling cloth facemasks. Consider purchasing them from small businesses. Save medical masks for health care workers.

If you're making masks at home, consider buying materials online to avoid going out.

Make your mask out of two layers of tightly woven 100% cotton fabric.

Before putting on your mask, wash your hands with soap and water or use an alcohol-based hand sanitizer.

Your mask should fit snugly around your mouth and nose.

If the mask has a metal wire, pinch the wire to fit the bridge of your nose.

Avoid touching the mask while wearing it.

If you do touch your mask, wash your hands or use an alcohol-based hand sanitizer.

When taking off your mask, do not touch the front. Remove your mask using the loops that go around your ears.

After removing your mask, immediately wash your hands or use an alcohol-based hand sanitizer.

After every use, throw away disposable masks or wash reusable masks. Follow the instructions that came with your mask.

Let your mask fully dry before the next use. Don't wear a mask that is damp.

And remember, my mask protects you and your mask protects me.

Visit health.mn.gov for the most up-to-date information on COVID-19.

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