



# COVID-19 FACE MASK TIPS AND RESROUCES

## QUESTIONS?

Contact your Regional Director

Keep up to date by visiting:  
[www.cdc.gov](http://www.cdc.gov)  
[www.health.pa.gov](http://www.health.pa.gov)

## Tips and Resources when CDC recommends facemasks for all individuals when leaving their homes:

It is no secret that there is currently a shortage of personal protective equipment for our medical providers and first responders. If/when the CDC recommends that all people wear masks when in public or interacting with others, it is important that n95 and surgical masks be prioritized to those on the front-line of the virus, working in hospitals and directly with the confirmed infected. As the need continues to rise, DIY masks will be the primary way of obtaining a facemask for yourself.

Here are resources for making and disinfecting DIY masks from materials you have at home.

- **Things you should know:**
  - The difference between surgical masks and N95 masks:
    - Surgical masks prevent droplets from coming out of your mouth into the air or onto people and objects
    - N95 masks seal around the nose and mouth and filter what is being breathed in.
  - Most DIY Masks are surgical masks designed to prevent the wearer from spreading germs to others
- **Supplies needed:**
  - DIY Surgical Masks can be made from t-shirts, jeans, reusable grocery bags, vacuum cleaner bags, scarves/etc.
  - Elastic, hair-ties, string, pipe-cleaners, etc.. can all be used to help secure the masks
- **DIY links:**
  - Multiple types: sew and no-sew:
    - <https://www.fastcompany.com/90485684/the-4-best-masks-you-can-make-yourself>
    - <https://www.latimes.com/lifestyle/story/2020-04-02/time-to-make-your-own-face-mask-doctors-and-hospitals-show-you-how>
    - <https://www.businessinsider.com/how-to-make-an-effective-face-mask-at-home-2020-3>
- **Using, Cleaning and Disinfecting DIY Masks**
  - Hand hygiene and social distancing MUST still be practiced
  - Clean your hands before putting on your mask
  - Avoid touching the mask while using it
  - When removing mask, do not touch the front. Fold front sides together until mask can be washed and wash your hands immediately after.
  - Wash your DIY mask in high temperature water with detergent and bleach.

Additional facemask tutorials and information can be found on the Peerstar website staff page