

## All That You Need to Know About Using a Face Cover

### Who

- People who are **not** suffering from medical conditions or **do not** have breathing difficulties may use the handmade reusable face cover.
- Health workers or those working with or in contact with COVID 19 patients or are patients themselves **must not wear** these face covers. They **must wear** special masks and other forms of protection.

### When

- Wear the Face Cover whenever you step out of your house;
- Wear it when you are taking care of an infected or quarantines person in your house;
- Wearing of face covers is especially recommended for people living in areas and homes where there are a lot of people living close to each other;

### Why

- You may be carrying the virus even if you are not sick so this will help in protecting the community at large;
- It will also prevent you from touching your face and infecting yourself.

### Using the Mask

- Two sets of face covers should be made so that one can be washed while the other is used.
- Make sure that the face cover fits around your mouth and nose and there is no gap between it and your face.
- Remember to still maintain up to 2 meter distance from others at all times, wash your hands thoroughly when back home and do not touch your face or eyes!
- Before using the handmade face cover remember:
  - Thoroughly wash and clean the face cover before wearing it.
  - Wash your hands thoroughly before wearing the face cover.
  - As soon as the face cover becomes damp or humid, switch to another face cover and clean the used
    - face cover.
    - Never reuse a face cover after single use without cleaning it.
    - Never share the face cover with anyone. Every member in a family should have separate face cover.
- Such face covers should also not be thrown anywhere but kept safely, washed properly with soap and hot water and dried properly before they are used.
- These face covers could be made out of clean cloth available at home, which needs to be thoroughly cleaned and washed before a face cover is stitched/made.
- The face cover should be prepared in such a manner that it can cover the mouth and nose completely and can be tied over the face easily.
- There must not be a sharing of face covers and a face cover must be used by only one individual. So, in a family of several members, each member should have a separate face cover.

### Taking Care of the Face Cover

- Thoroughly wash the face cover in soap and warm water and leave it to dry in hot sun for at least 5 hours;
- If you do not have access to the sun, place the face cover in water in a pressure cooker and pressure boil it for at least 10 minutes and leave it to dry. Adding salt to the water is

recommended. If you do not have a pressure cooker, you may boil the cloth face cover in hot water for 15 minutes.

- If you cannot boil in water then wash and clean with soap and apply heat on the face cover for up to five minutes. (You may use an iron).

***When removing the face cover:***

- Do not touch the front or any other surface of the face cover, remove it only with strings behind;
- For string face cover, always untie the string below and then the string above
- After removal, immediately clean your hands with 65% alcohol-based hand sanitizer or with soap and water for 40 seconds;
- Wash and sanitize this mask;
- Drop it directly into a soap solution or boiling water into which salt has been added.

***Storing your Face Cover:***

- Take any plastic bag at home. Clean it thoroughly with soap. Let it dry well on both sides.
- Keep your extra clean face cover in this bag. Keep it sealed well.
- Now you can rotate your cover in this clean bag face covers for daily use

**Remember:**

- Homemade reusable face covers only reduce the chances of inhaling droplets still in the air from an infected person, they do not give full protection.
- Homemade reusable face covers must be washed and cleaned each day, as instructed.
- Reuse without washing should NEVER be done.
- Never share your face cover
- with anyone.
- Social distancing must still be maintained.