



About your complimentary face covering

The CDC has recommended the use of a cloth face covering in public places. All patients, visitors and team members are required to wear a face covering or mask in Tideland's Health locations.

This cloth face covering is provided for your use. To help us conserve our supply, make sure you bring this face covering with you **every time** you visit a Tideland's Health facility.

How to wear your cloth face covering

Your face covering should fit snugly but comfortably against your face. It should allow for breathing without restriction.

Putting on your face covering

1. Clean your hands with soap and water or hand sanitizer before touching the covering.
2. Your face covering may have an opening to insert an optional filter. If you choose to use a filter for enhanced protection, filters can be made from common household items such as paper towels, coffee filters, vacuum cleaner bags or batting.
3. Determine which side of the covering is the top. The top of this covering is made to sit on the bridge of your nose. Either side can be used as the front or back of the covering. If removing the covering, make sure you reapply it the same way each time until washing to prevent potential cross contamination.
4. Hold the covering by the ear loops. Place a loop around each ear. The covering should cover your nose and mouth.
5. Once the covering is in place, avoid touching the front of the covering. The front of the covering may be contaminated.

Removing your face covering

1. Clean your hands with soap and water or hand sanitizer before touching the covering. Avoid touching the front of the covering. The front of the covering may be contaminated. Only touch the ear loops.
2. Hold both ear loops, and gently lift and remove the covering.
3. Place the covering in a paper or plastic bag until washing. Once washed, place the covering in a clean paper bag or plastic bag for safe storage.
4. Clean your hands with soap and water or hand sanitizer after touching the covering.

How to care for your cloth face covering

You should wash your face covering after every use. Remove filter, if applicable, before washing. You may want to place your face covering inside a laundry bag so the elastic straps won't get tangled in your washing machine. Dry your mask in the dryer, as heat aids the sanitation process. If your face covering develops holes or becomes stretched, it should be discarded.