

PROTECT AGAINST COVID-19

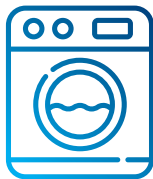
HOW TO CLEAN A CLOTH MASK

- Wash your cloth mask daily at home.
- After removing your cloth mask, carry it home with you in a sealed plastic bag.
- Never leave a used, unwashed mask at NAIT.
- Wash your hands before and after handling your cloth mask.

WASHING INSTRUCTIONS

Washing machine

- Use **regular laundry detergent** and the warmest appropriate water setting.



Washing by hand

- Use a **bleach solution**, suitable for disinfection, and follow mixing directions (5 tablespoons of bleach per gallon, or 4 teaspoons per quart). Never mix bleach with ammonia or other cleansers.
- Check that the bleach is not past the expiration date.
- **Soak the mask** in the bleach solution for 5 minutes.
- **Rinse thoroughly** with cool or warm temperature water.
- **Dry the mask** by using the highest temperature setting on your dryer or air dry, ideally in direct sunlight.

nait.ca/masks

PROTECT AGAINST COVID-19

HOW TO WEAR A MASK



BEFORE

- **Clean hands** with alcohol-based hand sanitizer or soap and water.
- Open mask fully to **cover from nose to below chin**. If the mask has a nose bar, pinch around your nose.

DURING

- **Avoid touching** the mask or your face under the mask. If the mask becomes damp, clean your hands and replace the mask.

REMOVING

- **Clean hands** with alcohol-based hand sanitizer or soap and water before and after removing the mask.
- **Do not touch** the front of the mask. Remove using the ties or elastic loops.
- If you are wearing a disposable mask, **discard immediately** in a garbage can once removed.
- **Never** reuse disposable masks.

nait.ca/masks