FACE MASK
USE AND GUIDANCE
TOPICS

• Why it is required
• When it is required
• Eastern’s Face Mask Policy
• Do’s/Don’t
• How to make
• How to use
• How to maintain
• How to remove
WHY ARE THEY RECOMMENDED/REQUIRED?

- Governor Lamont's Executive Order
- Centers for Disease Control and Prevention
- Eastern Connecticut State University
EXECUTIVE ORDER
7BB

• CT FACE MASK OR CLOTH FACE COVERING

• Any person in a public place in Connecticut who is unable to or does not maintain a safe social distance of approximately six feet from every other person shall cover their mouth and nose with a mask or cloth face-covering.
A cloth face covering should be worn whenever people are in a community setting, especially in situations where you may be near people. These settings include grocery stores and pharmacies. These face coverings are not a substitute for social distancing. Cloth face coverings are especially important to wear in public in areas of widespread COVID-19 illness.

Wearing cloth face coverings is an additional public health measure people should take to reduce the spread of COVID-19. CDC still recommends that you stay at least 6 feet away from other people (social distancing), frequent hand cleaning and other everyday preventive actions. A cloth face covering is not intended to protect the wearer, but it may prevent the spread of virus from the wearer to others. This would be especially important if someone is infected but does not have symptoms.
EASTERN CONNECTICUT STATE UNIVERSITY
FACE MASK POLICY

• ECSU FACE MASK POLICY

• Required upon arrival, including students, faculty, staff, visitors and vendors. This includes campus grounds and facilities.

• Are there exceptions?

• The only exceptions are when alone in dormitory rooms, private offices and office cubicles where six feet of social distancing can be maintained.
WHAT IS SOCIAL DISTANCING?

- Social distancing is a set of actions taken to stop or slow the spread of a highly contagious disease.
- The goal of social distancing is to limit face-to-face contact and to decrease the spread of illness among people in community settings.
FACEMASK
Do’s and Don’ts

**DO**

- **Do practice proper hand hygiene.** Before and after handling the mask (to put on, adjust, or take off), either wash your hands or use hand sanitizer to reduce cross-contamination risk. The outside of the mask is considered dirty.

- **Do mark the outside of the mask** in some way so you can easily identify which side is the outside of the mask, and handle it accordingly. Some individuals mark the outside with their initials in permanent ink.

- **Do keep a paper bag handy for storing the mask** every time you take it off; an open plastic Ziploc-style baggie is an alternative if a paper bag is not available. Always store a mask in a clean place. Never store it in a purse or pocket.

**DON’T**

- **Don’t touch the outside of your mask while it is on your face.**

- **Don’t pull your mask below your chin while you are wearing it.** Leaving the mask dangling or improperly fitted to your face creates opportunities for cross-contamination.
HOW TO MAKE YOUR OWN FACE MASK

• FACE COVERING CDC TUTORIAL
• FACE COVERING VIDEO
HOW TO PLACE ON AND TAKE OFF A FACE MASK

• PLACING A MASK ON YOUR FACE

1. Check the mask for defects.
2. Wash your hands.
3. Place the mask over your nose and mouth.
4. Secure the mask to your face.
5. Ensure you are able to breath easily.
WEARING A MASK

- IMPROPER

- PROPER
REMOVING A MASK FROM YOUR FACE

- Wash your hands with soap and water or use hand sanitizer
- Do not touch the outside of the mask.
- Untie or remove the ear loops and remove the mask by the straps.
- Wash your hands with soap and water or use hand sanitizer
How to Safely Wear and Take Off a Cloth Face Covering

WEAR YOUR FACE COVERING CORRECTLY
- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit snugly against the sides of your face
- Make sure you can breathe easily
- Do not place a mask on a child younger than 2

USE THE FACE COVERING TO PROTECT OTHERS
- Wear a face covering to protect others in case you’re infected but don’t have symptoms
- Keep the covering on your face the entire time you’re in public
- Don’t put the covering around your neck or up on your forehead
- Don’t touch the face covering, and, if you do, clean your hands

FOLLOW EVERYDAY HEALTH HABITS
- Stay at least 6 feet away from others
- Avoid contact with people who are sick
- Wash your hands often, with soap and water, for at least 20 seconds each time
- Use hand sanitizer if soap and water are not available

TAKE OFF YOUR CLOTH FACE COVERING CAREFULLY, WHEN YOU’RE HOME
- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine
- Wash your hands with soap and water

Cloth face coverings are not surgical masks or N-95 respirators, both of which should be saved for health care workers and other medical first responders.
For instructions on making a cloth face covering, see: cdc.gov/coronavirus
QUESTIONS?

• Eric Germain
• Environmental Health and Safety
• germaine@easternct.edu
• (860) 465-5103

• PLEASE COMPLETE THE FOLLOWING
• FACE MASK QUIZ