Face Mask Safety

Hand made or disposable face masks can provide a layer of protection against the spread of germs when used along with social distancing. However, it is important to properly put on, wear, and remove your mask to avoid cross-contamination.

How to Safely Wear a Mask

Put on the mask
1. Clean hands with soap and water or hand sanitizer before touching your mask.
2. Hold the mask by the loops. Place the loop around each ear.
3. For a mask with ties, hold each string. Bring masks to your face covering your mouth and nose. Then tie it behind your head.
4. Secure the mask above your nose and below your chin.

Wear the mask
1. You must wear a mask while in an RWJBarnabas Health facility and you should also wear a mask anytime you are in a public area where people will be.
2. Avoid touching the mask while you are wearing it. If you do, clean your hands with soap and water or hand sanitizer.
3. Maintain a distance of 6 feet between you and others.

Remove the mask
1. Clean hands with soap and water or hand sanitizer before touching the mask.
2. Avoid touching the front of the mask (the front of the mask may be contaminated).
3. When removing your mask, untie or hold both ear loops to gently lift and remove the mask. Be careful not to touch your eyes, nose, and mouth.
4. Wash your mask immediately (cloth mask only). If you are using a disposable face mask, be sure to properly put your mask in a waste bin.
5. Wash your hands.
6. Only wear clean masks. If your mask is hand made, it’s a good idea to have a few extra that you can rotate.

Caution! The following people should NOT wear a cloth mask:
- Children under 2
- People who have trouble breathing
- Anyone who is unconscious
- People who cannot remove the mask on their own
- Healthcare workers should use extreme caution when using hand made face masks

For more information about COVID-19 visit rwjbh.org/covid19