

NOMC'S PROTECTIVE MASK GUIDELINES DURING COVID-19

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The Centers for Disease Control and Prevention (CDC) urges us ALL to wear cloth masks to protect ourselves and others from the 25-40% of people who are infected with COVID-19, but show no symptoms. It is estimated that 45% of all COVID-19 cases are from droplets from sneezes and coughs.

BEWARE: COVID-19 is 3x more infectious than the flu. Experts now realize that people can be spreading this virus for as long as 2 days before showing any symptoms. Others with the virus may never show symptoms.

How to wear a mask during the COVID-19 pandemic:

BEWARE: Please don't get a false sense of virus protection because you are wearing a mask. If you are coughing or sneezing, have risk factors, or have been exposed to COVID-19, **STAY HOME.**



Based on the high death rate in Louisiana, those who can't stay home, should wear masks each time they must leave their homes. Wear a cloth DIY (do it yourself) mask over your nose and mouth to prevent you touching your face and breathing in the COVID-19 virus. Protect your eyes by wearing glasses.

For your **DIY cloth mask** to be effective in preventing the COVID-19 virus, it must be made of natural fibers, such as cotton, that are at least 4 layers thick; for example quilters cotton or 4 layers of 600 thread count sheets. **TIP:** Hold your mask up to the light; if you see light, it needs to be thicker to protect you from breathing in germs.



Be sure to replace your mask with a new one as soon as it is damp. Do not re-use single-use masks. If it is dirty it must be discarded or laundered, not tucked in your bag or pocket.

TIP: Don't forget about your dental hygiene. Masks trap bacteria in your mouth so brush your teeth after you eat.



To remove a single use mask: remove from behind (do not touch the front of the mask); discard immediately in a closed bin; clean hands with alcohol-based hand rub or soap and water.

Masks don'ts:

- Our Louisiana medical professionals are in great need of N95 respirators. Please do not use one of these masks for personal use.
- Don't pull the mask down to eat or drink, then pull it back up. You've transferred germs from the mask to your hands and from there into your mouth. (*TIP: Imagine if your mask were covered in GLITTER which you wouldn't want to transfer into your mouth.*)

BEWARE: Boston health officials advised first responders that 45% of all COVID-19 cases in their community were caused from the virus being transmitted by items the patients touched, from shared pens in the workplace, elevator buttons, door knobs and toilet handles, to household items. Repeatedly clean anything touched by human hands; even your own!

Stay home and limit your exposure to visitors. Have your deliveries left outside of your door. Wear rubber gloves. Wash your hands. Don't touch your face.

MORE INFO: DIAL 2-1-1 OR VISIT [READY.NOLA.GOV](https://www.ready.nola.gov)



**BE KIND AND STAY SAFE.
YOUR LIFE MATTERS.**

[NOMAF.ORG/COVID19](https://www.nomaf.org/covid19)