

# Masks-Important Information



- The Dept of Health advises a good quality mask be worn if unable to maintain 1.5m distance.
- Meals on Wheels has modified a DIY mask from NSW Department of Health guidelines, for staff and volunteers to wear during meal deliveries as an added precaution.
- Masks can be kept on for 4hrs at a time, as long as they are not touched.

## To don a mask

- **Hand Sanitise/ wash hands before putting a clean mask on**
- Wear **blue/polyester** side outward facing, absorbent **green cotton** side against the face
- Hook around ears
- Wire at the top. Mould the wire around the nose as firmly as possible
- Pull bottom part down over the chin

## To doff a mask

- **Hand Sanitise /wash hands before taking mask off**
- Unhook from ears
- Put mask in a sealable cloth bag
- **Hand Sanitise or wash hands.**

## Washing your face mask

Store used cloth mask in a sealable cloth bag, to be washed in the bag after each use. This reduces the possibility of cross-contamination. It can be machine washed with other items in laundry detergent and hot water. It can also be hand washed in lukewarm water with laundry detergent, left to soak in a weak bleach solution for one minute, then rinsed. Don't use a hot clothes dryer as this can damage the plastic-coated nose wire.

## **Advice for helping someone to hear you when you are wearing a mask:**

There are some resources online on this issue, the main thing that will help is clear communication:

- Slower speech rate and clear articulation
- Speak louder (don't yell)
- Rephrase, rather than repeat a sentence.
- Be aware facial cues are difficult for others to see with a mask on. Compensate for this with speech or more exaggerated eye movements.