MASK USE QUICK SHEET
INFORMATION ON THE USE OF MASKS & COVID-19.

Michigan.gov/Coronavirus

Facemasks are not recommended for healthy people. Facemasks should be worn by:

- Healthcare workers, and
- People taking care of a person with suspected or confirmed COVID-19 infection.
- If you are sick with respiratory illness and visit a healthcare provider, you may be asked to wear a mask.
- If you are diagnosed with COVID-19, you may be asked to wear a mask.

It is important to remember that masks are only effective when used properly and in combination with frequent hand-cleaning.

Practice cough and sneeze etiquette at all times.

- Cover your mouth and nose with a tissue or upper sleeve when coughing or sneezing.
- Avoid touching your eyes, nose or mouth.
- Wash hands frequently with soap and warm water for 20 seconds.
- If soap and warm water are unavailable, use alcohol-based sanitizer that contains 60% alcohol.

If you wear a mask, it must be worn properly.

- Before putting on a mask, clean hands with at least 60% alcohol-based sanitizer or soap and warm water.
- Cover mouth and nose with mask and make sure there are no gaps between your face and the mask.
- Avoid touching the mask while using it. If you do, clean your hands with at least 60% alcohol-based sanitizer.
- Replace the mask with a new one as soon as it is damp, and do not re-use single-use masks.

While wearing a mask, continue to perform hand hygiene.

Wash hands frequently (or use 60% alcohol-based sanitizer) especially after:

- Having contact with respiratory secretions.
- Having contact with contaminated objects or materials.

If you wear a mask, remove it properly.

- To remove a mask, first wash your hands.
- Remove the mask by untying the straps or taking the loops off from around the ear. Do not touch the front of the mask.
- Discard mask immediately in a closed bin.
- Clean hands again with at least 60% alcohol-based sanitizer or soap and warm water.

MDHHS
Michigan Department of Health & Human Services

For more information, visit **Michigan.gov/Coronavirus**.