

# FACE MASK GUIDANCE

COVID-19 Guidance for Students, Faculty & Staff\*  
at the CU Anschutz Medical Campus

\*Not for healthcare providers

## OVERALL REMINDERS

**STORAGE:** Clean, dry, cool place

**WASH HANDS:** After removing or putting mask on

**DISCARD MASK:** If damaged or hard to breathe

**CLEAN:** Reusable cloth masks after each use

**N95 RESPIRATORS:** Save for our frontline workers



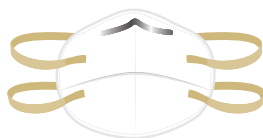
### MOST EFFECTIVE OPTIONS



#### SURGICAL MASKS

(Isolation, ear loop, or medical mask)

- Made to specific healthcare standards.
- Not recommended for reuse but if surgical masks are in short supply, may need to practice limited reuse and/or conserve for healthcare providers (HCPs).



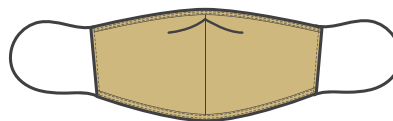
#### RESPIRATORS

(Approved in other countries and tested by the CDC)

- These include KN95 (China), PFF3 (Brazil).
- Same guidelines as surgical masks - limit reuse.



### GOOD OPTIONS



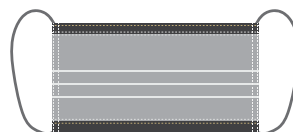
#### CLOTH MASKS

What to look for:

- Snug fit. Covering the face, across the cheekbones, nose bridge, and chin.
- Multiple layers of a tight-weave fabric (100% cotton mask is a good bet).
  - A built-in pocket where you can place a **filter**.

#### FILTER OPTIONS

- Polypropylene fabric - derived from plastic. Also called *spunbond* or *meltblown*.
- Two folded tissues can also work - change tissues daily.



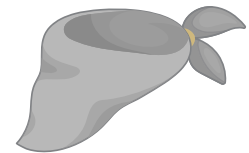
#### NON-MEDICAL DISPOSABLE MASKS

What to look for:

- Snug fit. Covering the face, across the cheekbones, nose bridge, and chin.
- Multiple layers of material (should feel sturdy, not lightweight like a dryer sheet).
  - Not recommended for reuse but if in short supply, may need to practice limited reuse. Discard if visibly soiled.

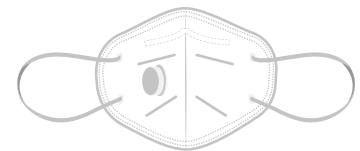


### OPTIONS TO AVOID\*



#### ONE-LAYER MASKS & FACE COVERINGS

- Made with one layer of fabric or permeable fabrics or don't fit snugly on the face.
- Examples: fleece cloth masks, scarves, bandanas, gaiters, winter sport "buffs."



#### MASKS WITH EXHALATION VALVES

- Valves can let droplets escape and aren't recommended by CDC.

*\*Although not ideal, anything that covers the nose and mouth is better than nothing.*

