OVERALL REMINDERS

STORAGE: Clean, dry, cool place

WASH HANDS: After removing or putting on mask

DISCARD MASK: If damaged or hard to breathe

CLEAN: Reusable cloth masks after each use

FACE MASK GUIDANCE

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

MORE INFORMATION:

cuanschutz.edu/coronavirus  |  covid19.colorado.gov/mask-guidance

MOST EFFECTIVE OPTIONS

SURGICAL MASKS

(Isolation, ear loop, or medical mask)

• Made to specific healthcare standards.

RESPIRATORS

(Approved in other countries and tested by the CDC)

• These include KN95 (China), PFF3 (Brazil).

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).

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.