

FACE MASK GUIDANCE

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

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



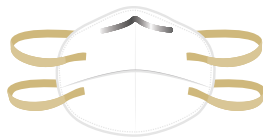
MOST EFFECTIVE OPTIONS



SURGICAL MASKS

(Isolation, ear loop, or medical mask)

- Made to specific healthcare standards.



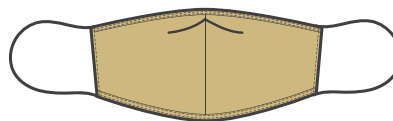
RESPIRATORS

(Approved in other countries and tested by the CDC)

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



GOOD OPTIONS



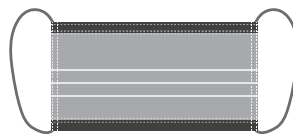
CLOTH MASKS

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.



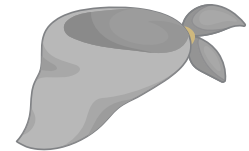
NON-MEDICAL DISPOSABLE MASKS

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).

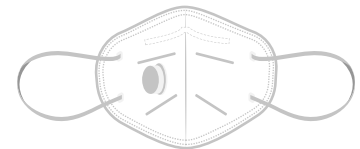


OPTIONS TO AVOID



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.

