

Use Face Masks to Prevent Viruses

How to wear a mask properly



Wash your hands with soap and water or hand sanitizer before touching the mask



The colored side faces outward and the white side faces inward



The side of the mask that has a stiff bendable edge is the top



Mold or pinch the stiff edge to the shape of your nose



Place a loop around each ear



Pull the bottom of the mask over your mouth and chin



Make sure there are no gaps between your face and the mask

How to take a face mask off & dispose of it properly



First, wash your hands



Hold both of the ear loops and take off the mask gently (do not touch the front of mask)



Discard immediately in a closed bin



Wash your hands again

DIY cloth face coverings should meet the following requirements:



- Fits snugly but comfortably against the side of the face
- Be secured with ties or ear loops
- Includes multiple layers of fabric
- Allows for breathing without restriction
- Can be laundered and machine dried without damage or change to shape

How to Clean

- ★ Wash used face coverings with detergent & hot water



Washing machine



Washing by hand

How to Dry

- ★ Make sure to completely dry face coverings after washing



Dryer



Air dry

Tips for safe face covering use

- Avoid touching the mask while using it; if you do, wash your hands first
- Keep the covering on your face the entire time you're in public
- If the mask becomes wet, you should immediately put on a new one. Do not reuse disposable masks
- Cloth face coverings should be washed after each use



To learn more about our doctor's group, call Member Relations: (415) 590-7418



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戴口罩，防感染

如何正確佩戴口罩？



觸摸口罩前用肥皂和清水，或含酒精成分的手部消毒液洗手



大部分醫用口罩有顏色的一面朝外，白色的一面朝內



將口罩上有可隨意彎曲的硬條的一端朝上



用手指捏緊或順著鼻梁輕壓硬條，使口罩緊貼鼻梁



用手拿起耳掛帶，分別掛到兩側耳朵上



將口罩下緣拉至下巴底下，使其完整罩住口鼻

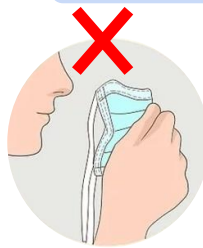


檢查一下，確保臉部與口罩之間沒有縫隙

如何正確取下和棄置口罩？



首先清潔雙手



雙手抓住兩側的耳掛帶，將它們小心地取下來(不要接觸到口罩的表面)

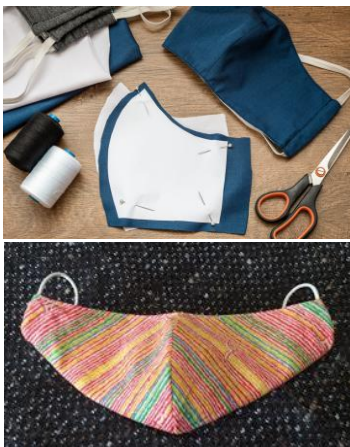


立即將其丟進封閉的垃圾桶內



再次清潔雙手

自製布口罩需要符合以下要求：



- 緊貼，舒適地貼合面部輪廓
- 用繩子或耳掛固定
- 包含多層織物
- 呼吸不受限制
- 能夠進行清洗和烘乾，而不會受到損壞或變形

如何清洗

★用清潔劑和熱水清洗用過的布口罩



機洗



手洗

如何乾燥

★布口罩清洗後要確保完全弄乾



烘乾機



晾乾

佩戴口罩安全小貼士

- 在佩戴過程中避免觸摸口罩；如果要觸摸口罩，必須先洗手
- 在公共場合任何時候都要遮擋臉部
- 如果口罩變得潮濕，應立即換上新口罩，不要重複使用一次性口罩
- 布口罩在每次使用後都要清洗