

# How to Use a Face Mask

## PUTTING ON A MASK



- Ensure you are using a clean mask.
- Wash hands with soap and water or alcohol-based hand sanitizer before touching your mask.



- Pick up your mask by touching the loops or ties only.
- Avoid touching the mask itself.



- Hold both ear loops and place them around your ears.
- Fit mask around your mouth, nose, and chin.

## WHILE WEARING YOUR MASK



- Mask should be either completely on or off; do not wear or rest under chin.
- Never wear your mask inside-out.
- Remove your mask if it is soiled or damp.



- Do not touch mask, face, or adjust mask while it is on.
- If you touch mask, wash hands with soap and water or hand sanitizer right away.



- Always follow physical distancing and good hygiene practices.

## REMOVING YOUR MASK



- Wash your hands with soap and water or alcohol-based hand sanitizer.
- Grab ear loops only and lift the mask off ears.



- Pull the bottom of the mask off and away from your mouth and chin.
- If you plan to use your mask right away, place it in a clean paper bag so it will not contaminate other surfaces. Otherwise, place it in the washing machine.
- Wash your hands with soap and water or alcohol-based hand sanitizer.

People with COVID-19 have had a wide range of symptoms - ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus.**

People with these symptoms may have COVID-19:

### Symptoms of COVID-19

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| <ul style="list-style-type: none"><li>• Fever or chills</li><li>• Cough</li><li>• Shortness of breath or difficulty breathing</li><li>• Fatigue</li><li>• Muscle or body aches</li><li>• Headache</li></ul> | <ul style="list-style-type: none"><li>• New loss of taste or smell</li><li>• Sore throat</li><li>• Congestion or runny nose</li><li>• Nausea or vomiting</li><li>• Diarrhea</li></ul> |
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*If you experience fever along with any of these symptoms, please:*

- Stay at home (do not go to class or to work)
- Call the **Center for Well-Being** at **651-962-6750** or your **primary care physician** for next steps

Call the **Covid-19 Information Line** at **651-962-6133** with non-medical questions.

Center for Well-Being  **St.Thomas**

## WHEN TO SEEK EMERGENCY MEDICAL ATTENTION

### Look for emergency warning signs for COVID-19

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| <ul style="list-style-type: none"><li>• Trouble breathing</li><li>• Persistent pain or pressure in the chest</li><li>• New confusion</li></ul> | <ul style="list-style-type: none"><li>• Inability to wake or stay awake</li><li>• Bluish lips or face</li></ul> |
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*If someone is showing any of these signs, **seek emergency medical care immediately.***

***If On-Campus:***

Call **University of St. Thomas Public Safety**

Emergency Line: **651-962-5555**

***If Off-Campus:***

Call **911**