

CONTACT US AT MASKTRANSIT@GMAIL.COM OR MASKTRANSIT.ORG IF YOU WOULD LIKE TO DONATE OR VOLUNTEER

THESE ARE NOT SURGICAL MASKS BUT WILL ALLOW A LAYER OF PROTECTION FOR BOTH YOU AS OUR PATIENT, YOUR FAMILIES, AND THOSE YOU MAY INTERACT WITH. PLEASE WASH THESE MASKS BEFORE USE (INSTRUCTIONS ARE INCLUDED IN THE PAMPHLET PROVIDED).

WHY WEAR A MASK

- MASKS MAY PROTECT YOU AND IMPORTANTLY, THEY CAN PREVENT THE SPREAD OF THE VIRUS FROM PEOPLE WHO ARE INFECTED BUT DON'T HAVE SYMPTOMS.
- DOCTORS RECOMMEND THAT PEOPLE STAY AT HOME AS MUCH AS POSSIBLE. BUT IF YOU MUST LEAVE THE HOME FOR WORK, GROCERIES, OR FOR FRESH AIR:
 - > WEAR A MASK.
 - > KEEP A DISTANCE OF AT LEAST 6 FEET FROM OTHER PEOPLE AND AVOID CROWDS.
 - > AVOID PUBLIC TRANSPORTATION WHEN POSSIBLE.
 - > DO NOT TOUCH YOUR FACE, AND WASH YOUR HANDS WITH WARM WATER AND SOAP FOR AT LEAST 20 SECONDS.
- LIMITING CONTACT WITH OTHER PEOPLE REDUCES THE SPREAD OF THE VIRUS. TRY NOT TO INTERACT WITH PEOPLE OUTSIDE OF YOUR HOUSEHOLD (OTHER RELATIVES, FRIENDS, ETC.)

HOW TO USE THE MASK

- YOUR MASK SHOULD FIT SNUGLY AROUND YOUR NOSE, MOUTH, AND AS MUCH OF YOUR LOWER FACE AS POSSIBLE WITHOUT MAKING BREATHING DIFFICULT.
- TO SAFELY TAKE THE MASK OFF, TAKE IT OFF FROM THE BACK AND BE CAREFUL NOT TO TOUCH THE FRONT, YOUR EYES, NOSE, AND MOUTH. WASH YOUR HANDS IMMEDIATELY BEFORE AND AFTER REMOVING THE MASK.
- WHEN YOU AREN'T USING IT, STORE YOUR MASK IN A PAPER BAG.



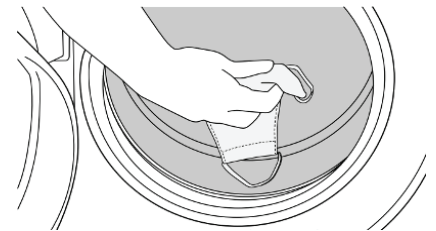
HOW TO CLEAN THE MASK

CHOOSE ONE OF THE FOLLOWING:

- DISINFECT YOUR MASK FOR AN HOUR IN A BOWL WITH ONE PART BLEACH IN THREE TO FOUR PARTS WATER, THEN RINSE AND HANG IT IN SUNLIGHT TO DRY.

- PLACE YOUR MASK FOR **10 MINUTES IN BOILING WATER.**

- LAUNDER YOUR MASK IN THE WASHING MACHINE ON ITS HIGHEST HEAT SETTING. AIR DRY.



- FOR REGULAR USE, WASH ONCE A WEEK. IF YOU ARE CARING FOR SOMEONE WITH THE VIRUS, WASH DAILY. IF YOU HAVE THE VIRUS, WASH DAILY TO EVERY OTHER DAY.

COVID-19 FREQUENTLY ASKED QUESTIONS

WHAT IS COVID-19?

- > COVID-19 IS A DISEASE CAUSED BY A NEW VIRUS THAT SPREADS FROM COUGHS AND SNEEZES, BUT NEW INFORMATION SUGGESTS IT MAY ALSO SPREAD FROM BREATHING AND TALKING.
- > THE MOST COMMON SYMPTOMS INCLUDE FEVER, COUGH, AND SHORTNESS OF BREATH.
- > MANY PEOPLE WHO ARE INFECTED WILL NOT SHOW SYMPTOMS, BUT ARE ABLE TO SPREAD THE VIRUS.
- > WHILE MOST PEOPLE WITH COVID-19 ARE LIKELY TO EXPERIENCE A FLU-LIKE ILLNESS WITH FULL RECOVERY, INFECTION CAN CAUSE PNEUMONIA IN SEVERE CASES.
- > FOR THOSE WITH LUNG DISEASE SUCH AS ASTHMA OR COPD, MAKE SURE TO TAKE YOUR SCHEDULED MEDICATIONS AND HAVE YOUR RESCUE INHALERS READY IN CASE YOU EXPERIENCE SYMPTOMS.

WHAT SHOULD I DO IF I FEEL SICK?

- > IF YOU DEVELOP SYMPTOMS, STAY HOME! YOU ARE CLEARED TO RETURN TO WORK 7 DAYS AFTER THE START OF SYMPTOMS OR UNTIL YOU HAVE BEEN SYMPTOM FREE FOR 72-HOURS, WHICHEVER IS LONGER. THERE IS NO NEED TO GET TESTED UNLESS YOUR SYMPTOMS REQUIRE HOSPITALIZATION.
- > YOU CAN TAKE TYLENOL TO MANAGE YOUR FEVER.
- > IF YOU DO NOT HAVE TYLENOL, CALL EHHOP (862-242-5952) TO ARRANGE DELIVERY.
- > IF YOUR FEVER/COUGH WORSENS, CALL EHHOP.
- > IF YOU DEVELOP EMERGENCY SYMPTOMS FOR COVID-19, CALL 911! THIS INCLUDES TROUBLE BREATHING, PERSISTENT PAIN/PRESSURE IN YOUR CHEST, NEW CONFUSION, AND/OR BLUISH LIPS/FACE.
- > CALL 311 IF YOU HAVE TROUBLE GETTING MEDICAL ATTENTION.
- > CALLING BEFOREHAND IS IMPORTANT TO MAKE SURE YOU AREN'T GOING TO THE HOSPITAL IF NOT NECESSARY.

WANT MORE INFORMATION?

- > SIGN UP FOR UPDATES FROM NEW YORK CITY BY TEXTING COVID TO 692-692.
- > VISIT WWW.NYC.GOV/CORONAVIRUS FOR UPDATES.
- > CALL THE NY STATE DEPARTMENT OF HEALTH'S CORONAVIRUS HOTLINE AT 1-888-364-3065.

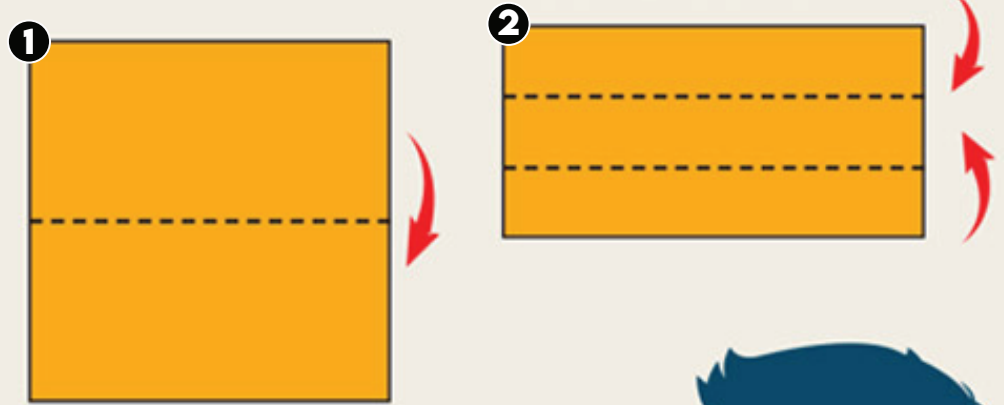
BANDANA MASK

(NO SEW METHOD)

FOLD TOP DOWN
AND BOTTOM UP

WHAT YOU NEED

- Bandana
- Rubber bands or hair ties



PLACE RUBBER BANDS
OR HAIR TIES ABOUT
6 INCHES APART



FOLD SIDES TO THE
MIDDLE AND TUCK

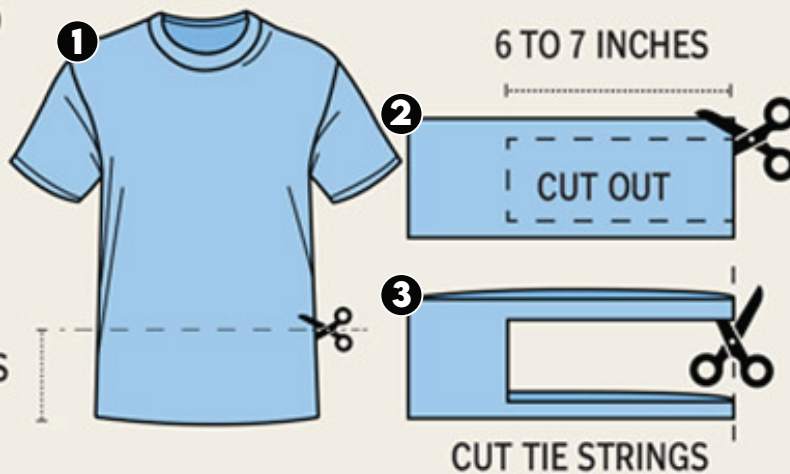


QUICK CUT T-SHIRT CLOTH MASK

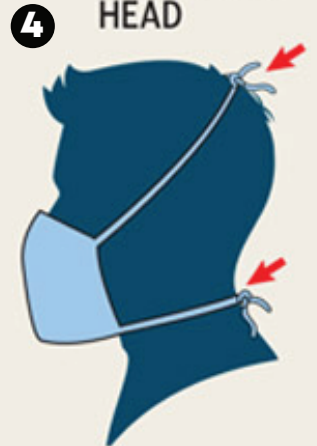
(NO SEW METHOD)

WHAT YOU NEED

- T-shirt
- Scissors



TIE STRINGS
AROUND
NECK, THEN
OVER TOP OF
HEAD



Source: Ministry of Health & CDC

