



# Assured Quality Homecare

Educating professional caregivers and families

## Proper Care Procedure For Your Cloth Mask



To watch the accompanying video, go to  <https://youtu.be/3R88JT1j14w>

In a recent article written by CNN concerning face masks, US Surgeon General Dr. Jerome Adams warned that “Folks who don’t know how to wear them properly tend to touch their faces a lot and actually can increase the spread of coronavirus.” In an effort to help, we’ve developed this guide to share with you the proper care procedure for using your cloth face mask. This guide was made specifically for cloth masks but is still applicable for disposable masks that aren’t soiled. Please feel free to visit our resource center, at [www.asqresources.com](http://www.asqresources.com) for more resources or email us at [info@asqhomecare.com](mailto:info@asqhomecare.com) if you need any help.

### Part 1. Donning Your Cloth Mask – (putting on your mask)

1. Wash your hands
2. Place and secure your face mask with ties or ear loops
3. Adjust the metal nose piece to create a close fit at the bridge of your nose and cheekbones
4. Spread your mask to fit the lower part securely under your chin
5. Wash your hands

### Part 2. Care Instructions While Wearing Your Cloth Mask

1. Refrain from touching your mask; especially the front
2. If you do touch your mask, wash your hands immediately
3. Change your mask if it becomes soiled

### Part 3. Changing Your Cloth Mask If It Becomes Soiled

1. Wash your hands
2. Untie the ties or remove loops from your ears
3. Hold the front of your mask away from you
4. Drop your mask into a disposable paper bag



# Assured Quality Homecare

Educating professional caregivers and families

## Part 4. If You Are Changing The Coffee Filter

1. Wash your hands
2. Take off your mask
3. Lay your mask on a disposable paper towel
4. Dispose of the old filter
5. Wash your hands
6. Put in a new filter
7. Place your mask back on
8. Wash your hands

## Part 5. Doffing Your Cloth Mask At The End Of The Day – (taking off your mask)

1. Wash your hands
2. Untie ties or remove loops from your ears
3. Hold the front of your mask away from you
4. Drop your mask into a disposable bag
5. Wash your hands

## Part 6. Washing Your Cloth Mask

1. Wash your hands
2. Remove your mask from the disposable bag
3. If there is a coffee the filter, dispose of it and wash your hands
4. Place your mask into your washing machine and do not touch your mask
5. Wash your hands before getting the detergent
6. Machine wash your mask in warm or hot water
7. Put your mask in your dryer on high heat until it's thoroughly dry
8. Place your clean mask in a new disposable bag



## ACCESS MORE RESOURCES

Visit Our resource center, at [www.asqresources.com](http://www.asqresources.com) for more resources to access resources that we have developed to help you manage your loved one's care.