



SAFETY INSTRUCTIONS

Please review these safety tips before using your mask!

1. The **outer surface of the mask can be contaminated easily**. Covid-19 can survive on the outside of a surgical mask for more than 7 days. Disinfect (with alcohol sanitizer or soap and water) your hands every time you touch any facemask and every time before and after wearing and taking off your mask.
2. Wearing a mask may not protect you from COVID-19 unless you also follow other infection control measures like **physical distancing** (stay >2m from others), **frequent handwashing** (>20 seconds of soap and water), and **avoidance of cross-contamination** (avoid touching your face)

3. **Please clean the mask and filter after each use. The filter can be sterilized with dry heat or washed.** For best filter performance, use **dry heat at 70°C for 30min (eg. oven, dehydrator)** to sterilize the **filter** against COVID-19 and bacteria.

To clean the **mask and filter**, gently **scrub and soak it in soapy water (use soap or a mild detergent) for 15 minutes**, then rinse off with water and leave to air dry. Alternatively, place the mask and filter in a **laundry bag to launder in the washer and dryer with the high heat** option.



4. **Do not share your mask with others.** There are other diseases that can be transmitted other than COVID-19.
5. **Wear the mask without the filter if you experience discomfort** such as overheating, headache and trouble breathing. If you continue to have discomfort, try a single-use non-medical or medical mask. Cloth mask with the Halyard filter has the breathing resistance of an N95 mask.

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The Free Mask Project of Vancouver

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