



COLORADO
Department of Public
Health & Environment



COLORADO
State Emergency
Operations Center

Guidance for Wearing Masks

Research shows that people who have no symptoms can spread COVID-19. Wearing a non-medical face mask helps minimize the spread of the virus. Everyone should wear a mask when out in public. Employees should wear a mask when working. If possible, masks should be provided to employees. Instructions for making homemade masks can be found at the [Colorado Mask Project](#).

MASKS SHOULD:

- Be clean and in good repair
- Fit snugly, but comfortably against the side of the face
- Be secure
- Include multiple layers of fabric
- Allow for breathing without restriction
- Be able to be laundered and machine dried
- Be on the wearer's face
- Be laundered on a daily basis



MASKS SHOULD NOT:

- Have anything hanging off the facial covering that would create a food safety hazard.
- Have holes or tears.
- Masks should not be shared with others.

STORING MASKS:

- Stored with personal items

WEARING MASKS:

- Wash your hands before and after putting a facial covering in place.
- Do not touch the facial covering again until you remove it.

- Masks should be positioned so that there is no need to adjust or otherwise touch the face frequently.
- If your mask becomes soiled or hard to breathe through, you should remove and not wear again until laundered.
- Remove your mask to eat and drink and if it is still in good repair, you may continue to use it for the duration of your shift.

Should cloth masks be washed? How regularly?

Yes. They should be routinely washed depending on the frequency of use. A washing machine should suffice in properly washing a face covering.

How does one safely remove a used cloth mask?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their face covering and wash hands immediately after removing.

Note: Homemade and disposable facial coverings do not meet the standard for Personal Protective Equipment (PPE) and should not be used for tasks that require PPE such as biohazard clean up or handling concentrated chemicals. [https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-clot...;](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-clot...)

Safer-at-Home requires that non-critical health care service providers (e.g., chiropractors, acupuncturists, etc.) wear a medical grade mask. What is a medical-grade mask?

A medical grade face mask is also called a surgical mask. These are disposable fluid resistant masks that provide the wearer protection against large droplets, splashes, or sprays of bodily or other hazardous fluids. They also protect others from the wearer's respiratory emissions. Surgical masks do not provide the wearer reliable protection from inhaling smaller airborne particles. N95 or other types of respirators should be considered if the wearer seeks protection from small particle aerosols.

Safer-at-Home requires some workers to wear gloves. What kind of gloves are required and for whom?

Non-critical health care services providers are required to wear disposable patient examination gloves such as nitrile, rubber, polychloroprene, or vinyl gloves. Personal service providers (e.g., hair stylists) are recommended to wear the same.

Safer-at-Home requires employers to provide appropriate personal protective equipment (PPE). What does that mean?

Depending upon the industry, additional personal protective equipment (PPE) may be required. OSHA information for specific industries: <https://www.osha.gov/SLTC/covid-19/controlprevention.html>