

What Do You Need to Know About Cloth Masks?



According to the Saudi Ministry of Health, a cloth mask should always be worn when leaving the house, and when going to a public area. Disposable masks may be worn if a cloth mask is not available. Medical grade masks are critical supplies that should be reserved for health care workers, other medical first responders, and special circumstances.

1

Before putting on your cloth mask, wash your hands with soap and water for at least 40 to 60 seconds, or sanitize your hands for 20 to 30 seconds, and make sure the mask fits securely against the sides of your face.

2

While wearing the cloth mask, avoid touching the mask or your eyes, nose, and mouth.

3

Before you remove your cloth mask, wash your hands with soap and water for at least 40 to 60 seconds, or sanitize your hands for 20 to 30 seconds, avoid touching your eyes. Repeat hand hygiene again immediately after removing the mask.

4

Your cloth mask should be machine washed after each use. Washing a cloth mask in the washing machine is sufficient for sterilization.



It Should:



Fit squarely to the sides of the face and chin.



Be secured with a thread that wraps around the ear to secure its fastening.



Include multiple layers of fabric but allows for comfortable breathing.



Tolerate washing and drying without damage or changing in shape.



DON'T:



Don't use it for children under two years old.



Don't use it for people who are unconscious.



Be careful. Misuse may increase the risk of infection. **Don't use** it for an extended period, and **don't** reuse it without washing.



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