

# Coughing? Fever? Ask for a Mask!

The Centers for Disease Control and Prevention (CDC) recommends wearing a face mask when coughing or running a fever.

1



1. Report your symptoms to the staff upon arrival.

2

2. Ask for a face mask to wear while you are waiting.



3



3. If masks are not available, use a tissue to cover your nose and mouth when coughing or sneezing.

4

4. Clean hands frequently with soap and water or waterless hand sanitizer.



## Help prevent the spread of respiratory infections!

### Putting on a Face Mask:

1. Pinch the nose wire to conform to the bridge of your nose.
2. Hold against your nose & hook ear loops over your ears.
3. Hold against your nose & pull the bottom of the mask so that it extends under your chin. (The pleats should open up).
4. For small faces, tie knots in the ear loops to shorten them before putting on the face mask.

### Taking off a Face Mask:

1. Using two hands, pull the ear loops over the ears, holding the ear loops only.
2. Drop the mask into a waste can, making sure not to touch the outside of the waste can with the mask.
3. Clean hands with soap & water or waterless cleaner after disposal of the mask.

### Hand Washing Tips:

1. Use tepid (not hot) water.
2. Wet hands before applying soap.
3. Rub together fronts and backs for 15 seconds.
4. Rinse thoroughly.
5. Dry completely, then use the towel to grab the door handle when exiting.
6. Apply lotion to limit chapping.