

FACEMASK FOCUS SHEET

Keeping a physical distance (at least 6 feet) from other people is our best protection against COVID-19; however, wearing a facemask can help protect others by containing the respiratory droplets of the mask wearer.

FACE COVERINGS

Face coverings are required:

- When you are indoors where other people are present. A face covering is not needed when working alone in a private office or work area.
- When you are outdoors whenever keeping a 6-foot distance from other people may not be possible. A face covering is *not* needed when you are outdoors (e.g., walking, exercising) and you are able to stay 6 feet away from other people.
- Cloth face coverings do **not** replace job-specific requirements for use of personal protective equipment (PPE).



Tighten the loops or ties so it's snug around your face, without gaps.



Mask should cover from just under the bridge of your nose to under your chin.

Source: [Public Health — Seattle & King County](#)

The Centers for Disease Control and Prevention (CDC) provides instructions for making cloth face coverings (www.cdc.gov/coronavirus/2019-ncov).

Follow the **Important Safety Tips for Wearing Face Masks** (next page).

MEDICAL/PROCEDURE MASKS

Medical/procedure masks are required:

- When performing work to support critical operations *and*
 - Maintaining a **6-foot distance at all times is not possible; and**
 - A **risk assessment** indicates a **medical/procedure mask is required** PPE for the work activity
- When working in areas where there may be **exposure to hazardous materials** (e.g., a biosafety level 2 lab) or in a University space where they are required
- When the job site requires a medical/procedure mask as part of the usual PPE



Follow job site instructions and training on PPE use.

VIDEO: How to put on and safely wear a medical/procedure mask (www.youtube.com/watch?v=0whUgkCgP0U)

MORE INFORMATION

[University Guidance on Facemask Use for Preventing the Spread of COVID-19](#) and [Workplace COVID-19 Risk Level and Selection of PPE](#) (www.ehs.washington.edu)

Governor Inslee's ["Safe Start" requirements](#) (coronavirus.wa.gov/what-you-need-know/safe-start)

Public Health — Seattle & King County's [guidance on mask use](#) (www.kingcountry.gov/masks)

Important Safety Tips for Wearing Face Masks

Clean hands before & after touching MASK

MASK should always cover nose and chin

MASK should not hang on one ear, hang around neck or be pushed to forehead

Wear inside facing you and metal piece pressed onto nose bridge

Discard if MASK becomes wet or soiled

Avoid Touching MASK

Store MASK safely if planned for re-use during shift

CLEAN & DRY

Remove & store MASK before eating and drinking

Discard MASK when leaving building Store MASK safely if reusing

Adapted from UCSF

UNIVERSITY of
WASHINGTON

Contact EH&S at ehsdept@uw.edu or 206.543.7262 with questions.