

Winter 2020

Masks Matter!

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Masks Matter!

Ways to Make Masks More Comfortable



WORRIED ABOUT YOUR FACIAL HAIR?

GET A LONGER MASK OR GAITER THAT COVERS YOUR WHOLE BEARD FOR ROOMIER FIT.

DO YOU HAVE SENSITIVE SKIN?

TRY SOFT FABRICS LIKE SATIN OR COTTON AND USE A GENTLE FACIAL MOISTURIZER.



HAVING DIFFICULTY BREATHING?

FIND A QUIET SPOT, REMOVE YOUR MASK, AND REMEMBER THE 4-7-8 SECOND RULE:



INHALE (4 SEC.)



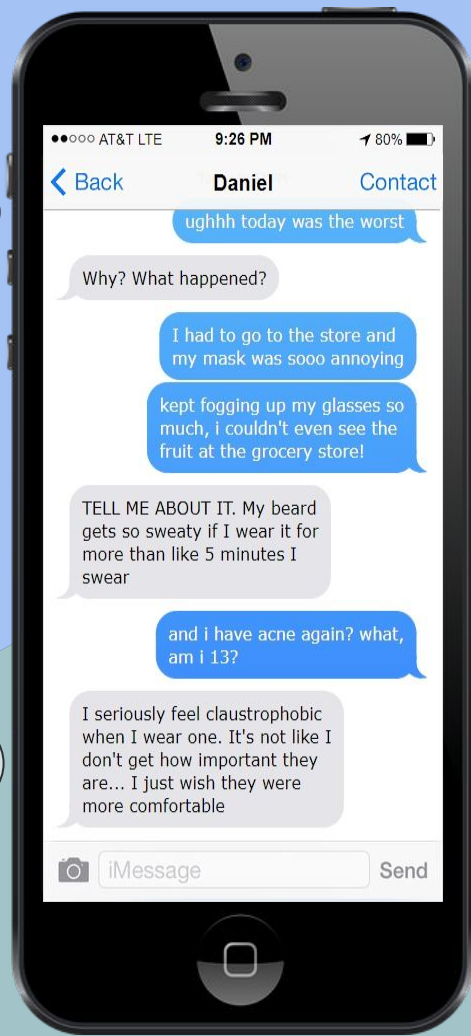
HOLD (7 SEC.)



EXHALE (8 SEC.)

MASK BREATH GOT YOU IN A FUNK?

CARRY MINTS OR GUM TO KEEP YOUR MOUTH FRESH ALL DAY LONG - NO MATTER WHAT YOU HAD FOR LUNCH.



DOES MY MASK FIT?

ARE YOUR MOUTH, NOSE, AND CHIN FULLY COVERED?

NO

ARE THE EAR STRAPS LOOSE OR FALLING OFF?

YOUR MASK IS TOO BIG!

NO

ARE THE EAR STRAPS TIGHT OR PAINFUL?

YOUR MASK IS TOO SMALL!

YES

CONGRATS! YOUR MASK FITS WELL.

MASKNE GOT YOU DOWN?

TRY USING A COTTON MASK - KEEP THEM FRESH BY WASHING REGULARLY!



STRUGGLING WITH FOGGY GLASSES?

WASH YOUR LENSES WITH SOAP AND WATER BEFORE WEARING YOUR MASK.

USE A MASK THAT HAS WIRING TO CREATE A SEAL AT THE BRIDGE OF YOUR NOSE OR TAPE IT DOWN.

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