

How to Use a Face Mask

PUTTING ON A MASK



- Ensure you are using a clean mask.
- Wash hands with soap and water or alcohol-based hand sanitizer before touching your mask.



- Pick up your mask by touching the loops or ties only.
- Avoid touching the mask itself.



- Hold both ear loops and place them around your ears.
- Fit mask around your mouth, nose, and chin.

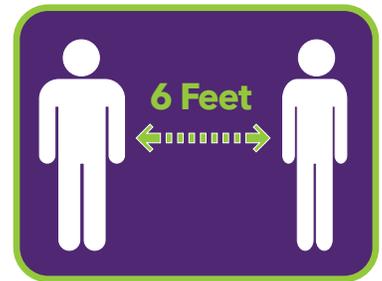
WHILE WEARING YOUR MASK



- Mask should be either completely on or off; do not wear or rest under chin.
- Never wear your mask inside-out.
- Remove your mask if it is soiled or damp.



- Do not touch mask, face, or adjust mask while it is on.
- If you touch mask, wash hands with soap and water or hand sanitizer right away.



- Always follow physical distancing and good hygiene practices.

REMOVING YOUR MASK



- Wash your hands with soap and water or alcohol-based hand sanitizer.
- Grab ear loops only and lift the mask off ears.



- Pull the bottom of the mask off and away from your mouth and chin.
- If you plan to use your mask right away, place it in a clean paper bag so it will not contaminate other surfaces. Otherwise, place it in the washing machine.
- Wash your hands with soap and water or alcohol-based hand sanitizer.

People with COVID-19 have had a wide range of symptoms - ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus.**

People with these symptoms may have COVID-19:

Symptoms of COVID-19

- | | |
|---|---|
| <ul style="list-style-type: none">• Fever or chills• Cough• Shortness of breath or difficulty breathing• Fatigue• Muscle or body aches• Headache | <ul style="list-style-type: none">• New loss of taste or smell• Sore throat• Congestion or runny nose• Nausea or vomiting• Diarrhea |
|---|---|

If you experience fever along with any of these symptoms, please:

- Stay at home (do not go to class or to work)
- Call the **Center for Well-Being** at **651-962-6750** or your **primary care physician** for next steps

Call the **Covid-19 Information Line** at **651-962-6133** with non-medical questions.

Center for Well-Being  **St.Thomas**

WHEN TO SEEK EMERGENCY MEDICAL ATTENTION

Look for emergency warning signs for COVID-19

- | | |
|--|---|
| <ul style="list-style-type: none">• Trouble breathing• Persistent pain or pressure in the chest• New confusion | <ul style="list-style-type: none">• Inability to wake or stay awake• Bluish lips or face |
|--|---|

*If someone is showing any of these signs, **seek emergency medical care immediately.***

If On-Campus:

Call **University of St. Thomas Public Safety**

Emergency Line: **651-962-5555**

If Off-Campus:

Call **911**