

# Universal Mask – Guidance Document



## **Do**

- Follow the most up-to-date CDC recommendations
- Wash your hands if you touch the mask (paper/cloth area)
- Maintain social distancing
- Ensure the mask/cloth covers both your nose and mouth
- Continue to wipe down surfaces and wash hands regularly
- Immediately stop wearing a mask if it causes a physical burden (difficulty breathing or increased heart rate)
- Launder cloth masks at home using household supplies as directed by the CDC

## **Don't**

- Do not take additional risks
- Do not touch your face or the mask (paper/cloth area)
- Do not hang the mask around your neck or place it on top of your head
- Do not reuse one-time use masks
- Do not wear a grossly contaminated or damp mask
- Do not store masks by hanging from ear loops or placing on surfaces
- Do not share masks or cloth face coverings

### **Donning, Doffing, and Storage**

- Wash your hands before putting a mask on (donning)
- Do not touch the mask or your face while donning the mask
- Before taking the mask off (doffing) wash your hands
- Only touch the ear loops to remove the mask
- Dispose of the mask if it is deemed one-time use
- If it is a reusable cloth face covering which is damp or dirty, then place it in a plastic bag until mask can be laundered
- If the cloth face covering is clean, then store it in a paper bag by placing it face down
- Do not reuse the storage bags

### **Statement of Limitations:**

The use of masks is voluntary, but currently recommended by the CDC. Masks will not filter out COVID-19. Masks are meant to prevent the spread of large mucus droplets from individuals.

The cloth face coverings recommended by the CDC are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

\*Do not use or issue N95 respirators unless you have contacted EHS and completed the necessary steps to enter the OSHA respiratory protection program (i.e., medically cleared by UCOM, training, and fit testing)

**If you have questions, please contact Environmental Health and Safety at [safety@uchicago.edu](mailto:safety@uchicago.edu)**