



To: Board Members & Residents  
 From: Charles H. Greenthal Management Corp.  
 Re: *CDC Tips on Mask Usage*

In light of the fact that we are once again experiencing cluster surges and spikes of the virus throughout the City and State, we thought it would be helpful to remind everyone of the CDC’s recommended guidance on how to select, wear and clean your face masks.

CDC recommends that people wear masks in public settings, like on public and mass transportation, at events and gatherings, and anywhere they will be around other people.

Overview

DO

- Wear masks to help protect yourself from getting or spreading COVID-19
- Wear masks with two or more layers to stop the spread of COVID-19
- Wear the mask over your nose and mouth and secure it under your chin

DO NOT

- Put masks on someone two years and younger
- Put masks on people who have trouble breathing, or people who cannot remove the mask without assistance
- Wear masks intended for healthcare workers, for example, N95 respirators

How to Select

When selecting a mask, there are many choices. Here are some do’s and don’ts.

**DO choose masks that**



Have two or more layers of washable, breathable fabric



Completely cover your nose and mouth



Fit snugly against the sides of your face and don't have gaps

**DO NOT choose masks that**



Are made of fabric that makes it hard to breathe, for example, vinyl



Have exhalation valves or vents, which allow virus particles to escape



Are intended for healthcare workers, including N95 respirators or surgical masks

**Gaiters & Face Shields**



Wear a gaiter with two layers, or fold it to make two layers



Caution: Evaluation is ongoing but effectiveness is unknown at this time

**Special Situations: Glasses**



If you wear glasses, find a mask that fits closely over your nose or one that has a nose wire to limit fogging

**Special Situations: Children**



If you are able, find a mask that is made for children



If you can't find a mask made for children, check to be sure the mask fits snugly over the nose and mouth and under the chin



Do NOT put on children younger than 2 years old

## How to Wear

Wear a mask **correctly** and **consistently** to help keep from getting or spreading the virus.

- Be sure to wash your hands before putting on a mask
- Do **NOT** touch the mask when wearing it

## Do wear a mask that

- Covers your nose and mouth and secure it under your chin
- Fits snugly against the sides of your face

For more information, visit our [How to Wear Masks](#) web page.



## How NOT to wear a mask



## How to take off a mask



## How to Clean

Masks should be washed regularly. Always [remove masks correctly](#) and [wash your hands](#) after handling or touching a used mask.

- Include your mask with your regular laundry
- Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the mask
- Use the highest heat setting and leave in the dryer until completely dry

For more information, visit our [How to Wash Masks](#) web page.

For more information, see our [Masks](#) web site. For information on the sources for our mask guidance, see [Recent Studies](#).



Management will continue to monitor City/State and assorted agencies for announcements and guidelines and will provide updates to you as new information becomes available.

Be well and stay safe.