



GEORGIA TRIAL LAWYERS ASSOCIATION
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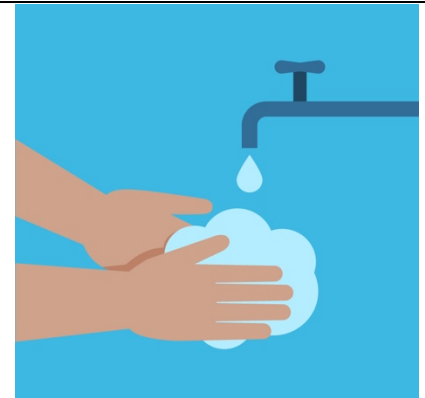
Georgia Defense
Lawyers Association
GDLA
Advancing the Civil Defense Bar®

MASK UP FOR JUSTICE!

Best Practices for Wearing Face Masks

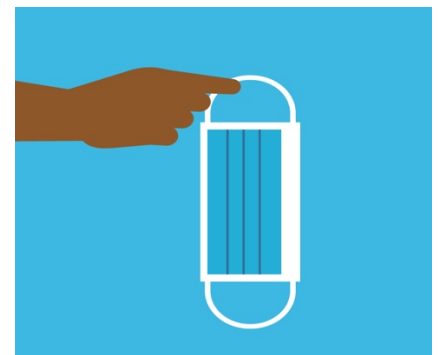
Wash Your Hands Before & After Touching the Mask

Wash your hands with soap and water for at least 20 seconds. Dry your hands with a clean paper towel and throw the paper towel away. This should be done before you put the mask on and after you take it off.



Touch only the bands or ties when putting on and taking off your mask.

If the mask has ear loops, put one loop around each ear. If the mask has ties, pick up the mask by the ties and tie the upper ties behind your head with a bow. If the mask has a lower tie, then once the mask is fitted to the bridge of your nose, tie the lower ties behind your head with a bow.



Be sure to place the mask properly on your face.

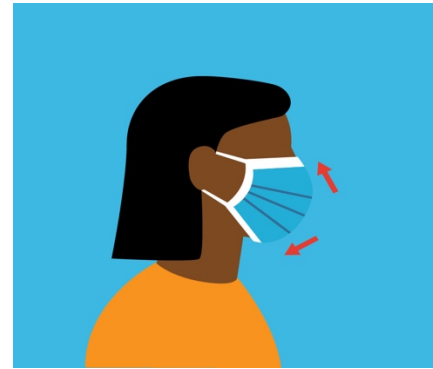
Make sure the exterior (usually yellow or blue) side of the mask is facing out, away from your face.

Place the mask on your face with the blue side facing out and the stiff, bendable edge at the top by your nose.

Once the mask is in place, use your index finger and thumb to pinch the bendable top edge of the mask around the bridge of your nose.

Make sure the mask is secure and fits to cover your nose, mouth and chin. The bottom edge should be under your chin. If you adjust the mask to cover those areas, wash your hands before and after.

Try to fit it snugly against the sides of your face, but also make sure that you can breathe easily.



Mask Don'ts

Don't touch the outside of your mask while wearing it.

Don't wear the mask under your chin with your nose and mouth exposed.

Don't leave your nose or mouth uncovered.

Don't remove the mask while around others in public.

Don't put the mask around your neck or up on your forehead.



Safely Remove Your Mask

Wash or clean your hands before removing the mask.

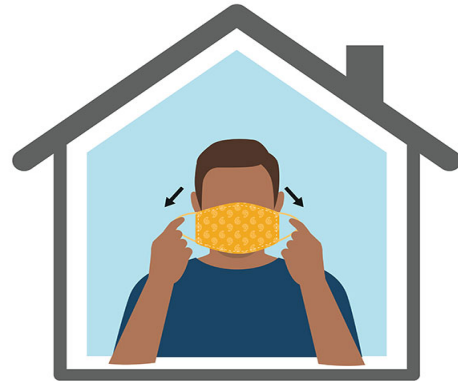
Untie the strings behind your head or stretch the ear loops

Handle only by the ear loops or ties

Fold outside corners together & either throw away or wash (if a reusable mask).

Do not touch the inside of the mask (the part over nose and mouth). It may be contaminated from your breathing, coughing or sneezing.

Be careful not to touch your eyes, nose or mouth when removing your face covering, and wash your hands immediately after doing so.



Keeping the mask from fogging up your glasses

Wash your glasses with soap and water (assuming that your glasses do not have any special film or coating on them) before wearing your face covering. Dish soap works well for this.

If you can pull your mask up higher on your nose, you can use your glasses to seal it and shape it to your face. Just place your glasses right on top of the material that's over your nose and make sure they don't slide off. A secure fit will



Wash your lenses with soapy water

Adjust the fit of your mask and glasses

Securely fit your mask to your face



keep the warm air from escaping through the top of the mask.

Spray your glasses with snow goggle anti-fog spray before wearing your face covering.

Consider taping down the top edge of your mask with athletic tape. This creates an additional seal that can help prevent hot air from moving towards your glasses. However, if you have sensitive skin or are allergic to the adhesive material on the tape, do not use this method.