



## Talking Aerosols Surgical Cloth Mask Fit & Care Guide

First and foremost, buy the correct size mask for your nose and face width.

AVERAGE: Typical women, children, Latinos

LARGE: Larger noses, typical men

### INSTRUCTIONS FOR A PROPER FIT:

#### 1. Tie the elastic strings together

*If you wear glasses, you can remove them to make the next steps easier.*

**2. Pull the bottom (tied) elastic loop over your head so the knot rests below your hairline on the back of your neck. The loop sits under your ears. (The mask will appear to be upside down.)**

**3. Turn the mask upright and place it so the seams sit on each side of your nose.**

**4. Pull the top elastic loop up over your face and place it at the crown of your head in back. The loop sits over your ears and should rest high on the crown to create the proper seal.**

**5. Make sure the mask completely covers your nose and mouth.**

**6. Test the seal. Pucker your lips and breathe in and out several times.**

-If you feel air entering near your nose, cheeks, or jaw line, be sure the top loop is on your crown, then tighten the tied loop at the back of your neck until no air enters when you breathe. Both nose-size pockets of masks come with a completely adjustable elastic band, that the user can use to eliminate all leaks on inhaling\* by custom-adjusting the tension on their mask by either using the full length of the elastic (for large heads) or by tying the elastic about 2 inches shorter for smaller women's heads, and 4 - 6 inches shorter for teens & children's smaller heads.

*Glasses frames should sit on the edge of the mask top.*

## WASHING AND CARE INSTRUCTIONS:

***Dish soap and water kills the virus by breaking down its protective shell. Take care to do this properly:***

1. **ALWAYS wash by hand**, never in the washing machine or dishwasher
2. **Prepare the wash water**
  - a. Fill an 8-12oz (250-350ml) glass with water
  - b. Add 3-4 drops of dish soap
3. **Wash the mask for 20 seconds**
  - a. Move the masks up and down in the glass of soapy water for at least 20 seconds (sing Happy Birthday twice to assure 20 seconds has passed.)
  - b. Get the soap solution well into the mask (lots of suds) to KILL the virus.
  - c. If washing multiple masks, suds each mask for 20 seconds
4. **Rinse** each mask under the tap until water runs clear (no soap suds remain).
5. **Dry the mask thoroughly.**

Roll up the mask and squeeze out excess rinse water.

Hang over a line or towel bar or lay on a towel, dish drainer, or other space to air dry the mask.

### 6. Storage

You can store clean, DRY masks in a plastic bag or container to keep them from getting dusty or exposed to spills, coughs, sneezes, etc.

## ADDITIONAL DEEP CLEANING:

The above is enough to kill any viruses that may be lingering on your mask. If you have any oils from your skin that may have accumulated on your mask, you can add the following steps:

### 1. Soak the mask

Leave the masks sitting in the dish soap + water mixture for 10 to 20 minutes to break up oils accumulated by your skin and those protecting the virus.

## 2. Disinfect the mask

Bacteria can grow on the mask from your skin or mouth. Bacteria is different from virus and will remain on a mask after washing because soap & water does not destroy it. Still, bacteria are easily disinfected:

Remove the mask from the wash water.

Add ½ teaspoon of bleach to the water.

Put the mask back in and soak it for 5 minutes in the bleach water.

## 3. Rinse and dry as outlined above.

### Prevent “crunchy mask syndrome”.

*If your tap runs hard water (water with excess minerals), rinse the mask until water runs clear, then:*

Fill a bowl with clean water, adding a pinch of baking soda and a teaspoon of white vinegar to soften it.

Do a FINAL RINSE of your mask in the bowl of soft water. Air dry per instructions above.

After 2 washings, you will find that the bottom points of the 2 darts are easily positioned to touch your nostrils, providing our unique superb flexible seal around both the chin & nose... This system creates a nice 3" oval of special high-efficiency filtering barrier-cloth that touches your mouth on every inhalation forcing ALL inhaled air, through the cloth.

### HOW OFTEN TO WASH (based on use)

Our masks are meant to be safely reused; thus, they can be washed **by hand** 70 times under the following conditions:

- **FOR NORMAL AT HOME OR WORK-AT-HOME USE**

You generally don't wear masks at home (unless a family member is or is suspected to be sick). You are only wearing the mask when you go outside (bank, store, errands, etc.).

**You may only need to wash your mask 1 or 2 times every week.** On that schedule, one mask lasts about 7½ months.

- **FOR DAILY USE AT WORK OUTSIDE THE HOME OR IN PUBLIC**

You wear the mask out of your home for 4-8 hours each day and are near other people transacting business. You might work in an office, manufacturing plant, installation service, domestic (housekeeping, pool, garden, repair) service\*, grocery store or pharmacy.

**You may only need to wash your mask every other day or every 2-3 days.** On that schedule, one mask lasts about 4-5 months.

*\*If work is especially dirty or sweaty, you may need to wash masks daily due to the grime, dust, pollens, and such. Just be careful to keep the washing gentle, let the soaking do its job, and disinfect.*

- **FOR DAILY, HEAVY USE (CLOSE EXPOSURE TO OTHERS)**

You wear the mask all day and maybe all night in close contact with other people. You may be a hospital or medical provider, first responder (police, fire, ambulance), delivery, taxi or Uber driver, in-home caregiver (+ patients and family or housemates of patients), or someone in any close, constant contact situation.

**Wash your mask every day.** Keep washing gentle and use both virus and bacteria washing steps. On that schedule, one mask lasts about 12-14 weeks (3+ months). Follow the guidelines of your employer or medical care advisor.

**WARNING: DO NOT TAMPER** with the center of your mask. It is custom designed to protect you and others from transmitting viruses. Never remove the stitched darts or alter the shape of the mask. If seams are loose or the mask no longer fits completely over the center of your face, it may be time for a new mask.