



News Release

For immediate release

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The Do's and Don'ts of Wearing a Mask or Face Covering

Billings, MT – With the phased-in reopening of Montana, the Unified Health Command (UHC), made up of St. Vincent Healthcare, RiverStone Health, Billings Clinic and Yellowstone County Disaster and Emergency Services, recommends that Yellowstone County residents continue to heed physical distancing requirements in addition to considering using a face covering or mask while in public. Residents are encouraged to use a cloth facemask and not medical masks.

The UHC provides the following Do's and Don'ts of appropriate and effective mask wearing.

Do's:

- Inspect the mask. Check to make sure the mask is not torn and that the ear loops or ties are secure.
- If the mask you are using has ties, bring both top ties to the crown of your head and secure with a bow. Tie the bottom ties securely at the nape of your neck in a bow.
- Remove your mask when you're able to maintain a 6-foot distance from others. When not using, store your mask in a paper bag labeled with your name.
- For ear loop masks, remove the mask from the side with your head tilted forward. Handle only the ear loops.
- For tied masks, remove by handling only the ties, and untie the bottom tie first.
- Routinely wash and dry your cloth mask in a washing machine at the hottest setting allowable for the fabric.
- Wash your hands before and after removing the mask.

Don'ts:

- Don't wear the mask if it is wet or soiled; use a clean mask.
- Don't leave a mask hanging off one ear or down around the chin or neck. This creates a risk of self-contamination.
- Don't touch the front of the mask, as it is contaminated after use. Wash your hands immediately if you touch the front of your mask.
- Don't place your mask on work surfaces.

For more information on wearing a face covering or mask, see the Centers for Disease Control and Prevention at <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>.

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