

# **Plymouth Fire Department Shares 'Do's and Don'ts' For Wearing Face Masks in Public**

PLYMOUTH — Chief G. Edward Bradley would like to provide residents with a list of do's and don'ts for wearing face masks when they leave their home or are unable to socially distance in an effort to reduce the risk of COVID-19 infection in the community.

On Friday, May 1, Gov. Charlie Baker announced a statewide requirement for anyone in public unable to remain socially distant, a minimum of six feet away from others, to wear a face covering beginning May 6. Those under the age of two or with certain health conditions identified by the Massachusetts Department of Public Health are exempt from the requirement.

## **While wearing a face mask, residents should:**

- Use it to completely cover their nose and mouth
- Read the directions provided about the use of the mask, if available
- Put the mask on properly and adjust it as necessary throughout the day
- Wash their hands and face after removing the mask and before touching their face
- Keep masks clean. Fabric face coverings should be cleaned after each use and should be machine washable and dryer safe
- Keep it away from running machinery or equipment that could entangle the mask
- Keep it on their person when not using it
- Request a new one if it becomes damaged or in any way unsanitary

## **Residents should not:**

- Let the mask obstruct their vision
- Wear it if it causes any difficulty in their ability to breathe
- Wear it if it causes safety glasses or reading glasses to fog up and impair vision
- Let it hang down around their neck

- Lay it on a surface where it may contaminate the surface or lay it on a surface that may already be contaminated
- Wear it where it may come in contact with running machinery or create a hazard while performing their work
- Use it if it is damaged in any way

The Centers for Disease Control and Prevention (CDC) still advises those wearing a face covering to practice social distancing in public when possible, as COVID-19 is believed to be transmitted through respiratory droplets produced when someone with the virus talks, sneezes or coughs. Wearing a face covering helps prevent those who may have COVID-19 and are asymptomatic from passing the virus on to others, according to the CDC.

Residents are reminded that some individuals are unable, for a variety of reasons, to wear a mask or face covering. Please avoid shaming anyone who is not wearing a mask. Instead use good judgement and common sense and if you see someone without a mask in public, maintain a safe social distance.

Instructions for how to fashion a homemade face covering with no sewing required can be found [here](#).

To watch a video of Surgeon General Dr. Jerome Adams making a no-sew face covering, [click here](#).

Per the CDC, face coverings should not be placed on children under two years old, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

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# Face Covering Do's and Don'ts:

## DO:



- ✓ Make sure you can breathe through it
- ✓ Wear it whenever going out in public
- ✓ Make sure it covers your nose and mouth
- ✓ Wash after using

## DON'T:

- ✗ Use if under two years old
- ✗ Use surgical masks or other PPE intended for healthcare workers



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)