

## Face Mask FAQ for Staff

### What types of masks does YNHHS provide for staff?

YNHHS provides face masks (multi-layered masks made of non-woven material that are disposable), surgical masks (multi-layered masks with fluid resistance), and respirators (devices that snugly cover the nose and mouth with a filtration level of at least 95% of particulate materials).

### How do I know which type of face mask to wear for universal masking?

Universal masking requires everyone to wear a face mask while in all YNHHS facilities. The type of mask worn will depend on where you are. Staff in areas that care for patients are to wear a facility provided face mask. Cloth masks may be worn in non-patient care areas. Details can be found in the PPE policy located on the COVID-19 Resource Site: <https://www.ynhhs.org/patient-care/covid-19/for-employees/ppe.aspx>

### Can I wear my own mask?

Clinicians and staff in patient care areas are to wear PPE provided by the facility only. All PPE provided by YNHHS has been vetted to ensure it meets all regulatory requirements and provides the best protection for our staff.

### As a health care worker, do I need to double mask?

No. If you are wearing a YNHHS provided mask and ensure that it fits well, there is no need to double mask. New CDC findings found a well-fitted mask with multiple layers reduces the risk of transmitting droplets. Most importantly, a mask should be worn that covers the nose and mouth and fits snugly against the sides of the face.

### How can I be sure my mask is fitting well?

Face masks are not designed to be as tight fitting as respirators but should fit well to contain respiratory droplets. Ensure the mask covers both your nose and mouth. Bend the nose wire to conform to the shape of your face. When you are sitting and at rest, you should be able to notice the air you are inhaling and exhaling moving through the filter material of the mask.

### How can I improve the fit of my mask?

Everyone's face is different and some strategies may be more helpful for some staff than others. Strategies to help mask fit include selecting a face mask with a nose wire to help this conform to the bridge of the nose, knotting or twisting the ear loops or folding and tucking them under the edge.<sup>1,2</sup> Also, some may find fit to be improved by use of a plastic strap or head band with buttons to hold the loops. Regardless of fit strategy, it is important to ensure breathing is not difficult, vision is not obstructed, and exhaled air goes through the material of the mask and not around the sides.

### How do I safely remove my mask?

Handle by the ties or ear loops only. Remove from your face and fold the outside corners together. Be careful not to touch your eyes, nose and mouth when removing. Clean your hands after removing and store in a clean paper bag. Face masks can be generally worn for up to one week and disposed of when soiled or damaged.

### References:

1. Brooks JT, Beezhold DH, Noti JD, et al. Maximizing Fit for Cloth and Medical Procedure Masks to Improve Performance and Reduce SARS-CoV-2 Transmission and Exposure, 2021. *MMWR Morb Mortal Wkly Rep* ePub: 10 February 2021. <http://dx.doi.org/10.15585/mmwr.mm7007e1>
2. Improve the Fit and Filtration of Your Mask to Reduce the Spread of COVID-19. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/mask-fit-and-filtration.html>