

## **Mask Fitting and Care Procedures**

For "first time mask users" who have not previously worn a mask, it is important to realize that no mask is as comfortable as wearing nothing at all. It takes a while to adjust to having something constantly touching your face. Secondly, as air is restricted, the environment inside the mask becomes warmer. Most masks fill with moisture, become unbearably hot, and can only be tolerated for short periods of time. The Breathe Healthy mask, with its hydrophobic/ hydrophilic lining material, along with its softness, is far more comfortable than most. In fact, many of our customers consider our masks the most comfortable and practical ones available.

**Fit** – Put both elastic headbands over your head. The lower should fit under your ears; the upper should go above the ears. Position the mask on your face, making sure the nose form is on the top edge. When the mask is centered, press the nose form against your nose for a snug fit and to eliminate fogging of glasses. When you breathe in and the mask fabric "sucks in", you know you have a snug fit.

**Care** - It is recommended that our masks be hand washed (using a non-allergenic laundry detergent). Allow to air dry, as the dryer heat will cause the mask to shrink over a period of time. To preserve the antimicrobial integrity, do not dry clean and avoid chlorine bleaches.

**How often should they be washed?** - That question depends on the frequency of use, type of use, and personal preference of the mask wearer. Dust masks used for long periods of time in very dusty environments may need to be washed daily. On the other hand, if the mask is used occasionally, and you don't see any accumulation of dust/debris on the liner, it may only require washing every month or so.

During hot weather, some prefer to wear the mask while damp for a cooling effect.

### **Special Care Instructions for masks worn by Respiratory, Low Immune System, and Cancer Patients:**

First, it is important to discuss with your Doctor whether our masks are appropriate for your current stage of immune deficiency. Where the immune system has been completely destroyed, your physician may recommend that your mask be changed every 4 hours with the old mask being discarded. Obviously, a disposable mask will be appropriate in those circumstances. For those individuals well on the way to recovery, Breathe Healthy masks can be washed in the washing machine or by hand in hot water and then, if desired, dried in a dryer. Because our masks are made of fabric, the dryer will eventually cause our masks to shrink. However, because of the surgical type design, multiple layers, sizing and adjustable fit, you will find that your Breathe Healthy mask, even with this cleaning process, will continue to fit effectively for weeks/ months of daily washing. Because it is not practical to operate a washing machine solely for a mask, it is suggested you consider buying multiple masks to allow for days when you are not doing laundry. Also, after handling a mask that has been worn, it is important to wash your hands as germs can accumulate on the mask surface.