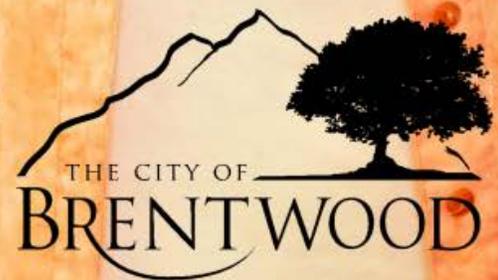


COVID-19 Senior Resource Guide



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Published August 25, 2020



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The City of Brentwood Senior COVID-19 Resource Guide is a reference guide for seniors in our community to find resources that they may need during the pandemic. It is current as of the date listed on Page 2. For the most current information, please contact directly the referenced resources. The City of Brentwood is not responsible for any of the information contained on web sites that are linked in the Guide and which are not maintained by the City, or for the services offered by listed third party providers; nor do such linked websites and listed services constitute an endorsement by the City. Further, the City will not be liable to any person who may choose to rely on any information, content, or service provided in this Guide, or by the linked website or listed provider.

City Information and Updates

City of Brentwood Senior Services Staff

Olivia Alvarez- Recreation Supervisor
(925) 516-5368

oalvarez@brentwoodca.gov

Amanda Chaney- Recreation Coordinator
(925) 516-5323

achaney@brentwoodca.gov

City of Brentwood Facebook Page

www.facebook.com/brentwoodca.gov

Essential Services

City services that are essential will continue without disruption including but not limited to: Police, trash collection, street maintenance, park maintenance, and water/utility services.

Utility Bill Payments (for trash and water) can be paid online

(www.municipalonlinepayments.com/brentwoodca), over the phone at (925) 516-5415,

by mail, or by the drop box located at City Hall (150 City Park Way).

Facilities

City of Brentwood facility closures are through August 31, 2020 but may be extended in compliance with the Contra Costa County health order.

Brentwood City Hall

(925) 516-5400

150 City Park Way

<https://www.brentwoodca.gov>

Closed to the public. Appointments are available for permitting. Please call City Hall to schedule an appointment.

Brentwood Community Center

(925) 516-5444

35 Oak Street

Closed for regularly scheduled activities. Voice messages are checked regularly during business hours.

Brentwood Senior Activity Center

(925) 516-5380

193 Griffith Lane

Closed for regularly scheduled activities. CC Café meals pick up is available by reservation only. Voice messages are checked regularly during business hours.

Brentwood Family Aquatic Complex

(925) 516-5430

195 Griffith Lane

Closed for recreation swim & swim lessons. Aquatic rentals with permits are allowed.

Sunset Park Athletic Complex

655 Sunset Road

Open for user groups that have booked the facility for practice or camps only.

Playgrounds

All playgrounds and water play features are closed.

Trails

All City trails are open to the public, please use physical distancing protocols.

Dog Parks

City dog parks are open to the public. Please use physical distancing protocols.

Brentwood Cooling Center

The Brentwood Community Center, when activated as a Cooling Center, is a temporary air-conditioned facility made available during extreme temperature conditions to provide heat relief when normal home cooling mechanisms are ineffective and/or unavailable. During the COVID-19 shelter-in-place, the Brentwood Community Center has been identified by Contra Costa County Health Services as a permitted cooling center location for residents seeking heat relief. When activated, the Cooling Center will be open from 12:30 p.m. – 6:30 p.m.

Activation

When the National Weather Service forecasts high temperatures for two or more consecutive days without an adequate drop in nighttime temperatures, the Cooling Center will be activated. Please contact the Brentwood Community Center to confirm the cooling center has been activated at (925) 516-5444.



Individual Control Measures

1. All visitors will be screened before entering the cooling center.
2. All visitors will be asked whether they have had COVID-19 symptoms such as a cough, a fever, difficulty breathing or chills within the last 24 hours and if they have had contact with a person known to be infected with the Novel Coronavirus within the last two weeks. Anyone who answers “Yes” will be prevented from entering the Cooling Center.
 - All visitors will be required to wear cloth face coverings while in the cooling center, and use physical distancing protocols.

AlzConnected

www.alzconnected.org

A free online community for everyone affected by Alzheimer's or another dementia, including people with the disease, caregivers, family members, friends and individuals who have lost someone to dementia

Alzheimer's Association 24/7 Helpline

(800) 272-3900

www.alz.org

The helpline is available around the clock, 365 days a year. Through this free service, specialists and master's-level clinicians offer confidential support and information to people living with the disease, caregivers, families and the public.



Animals Pet Food Programs

A variety of programs are available in East Contra Costa County that provide free pet food to qualifying persons.

Contra Costa Humane Society "AniMeals"

(925) 279-2247

www.cchumane.org

Animal Rescue Foundation (ARF) Foodshare

(925) 256-1273

www.arflife.org

State of California Department of Social Services Assistance Dog Special Allowance Program

(916) 657-2628

www.cdss.ca.gov

California Friendship Line

California Institute on Aging

(888) 670-1360

www.ioaging.org/friendship-line-california

The Friendship Line California is a free crisis intervention hotline and a warmline for non-emergency emotional support calls.

Center for Disease Control and Prevention

(800) 232-4636

www.cdc.gov

A national public health institute in the United States providing updates and information about new and ongoing health related topics.

Community Resource Finder
www.communityresourcefinder.org

An online guide to assist in finding resources, community programs and services.

Contra Costa County Area Agency on Aging
(925) 229-8434
www.ehsd.org/elderly-disabled

Knowledgeable social workers provide information, referral to local resources, and support in problem solving to seniors age 60 and older, adults with disabilities and caregivers.

Contra Costa Health Services
www.cchealth.org

For up-to date information on the County health orders.

Contra Costa Crisis Center
www.211cc.org

For information on food assistance, mental health, family support, shelter, health and dental care and more.

Coronavirus Testing
(844) 421-0804
www.coronavirus.cchealth.org

To make an appointment in our area, call or to go online to their website and follow the prompts to schedule a test at your desired location. You can also reach out directly to your primary care physician for advice on scheduling an appointment to be tested.

Covia Well Connected Program
(877) 797-7299
www.covia.org/services/well-connected

A telephone and online community made up of participants, staff, facilitators, presenters and other volunteers who care about each other and who value being connected.

Deaf Emergency Lifeline Contra Costa
(925) 228-0111

A special telephone system for hearing-impaired persons to reach the fire department, police or medical help.

Everyoneon (Internet Services)
www.everyoneon.org/find-offers

Everyoneon is a resource to find low-cost internet and computer offers to those who need them. Using the offer locator tool, people can learn about the different internet and device offers available to them. Collaborating with more than 650 companies to serve under-resourced people across the country.

Family Caregiver Alliance (FCA)
(800) 445-8106
www.caregiver.org

The FCA provides services, education programs and resources designed with caregivers needs in mind to offer support, information and tools to manage the complexities of caregiving.

Suicide Prevention

(800) 833-2900 (by phone) or

Text "HOPE" to 20121

www.crisis-center.org

If you are in a crisis and need help immediately, call or text and you will be put in touch with one of their call specialists quickly.

Tax Information

AARP Tax Aide

AARP Tax Aide is not offering their services at this time due to COVID-19 and the guidelines set by Contra Costa Health Services. Below you will find alternative resources for filing your taxes.

IRS FREE TAX Preparation

www.irs.gov/individuals/free-tax-return-preparation-for-you-by-volunteers

Find a location for free tax help.

Veterans Crisis Line

(800) 273-8255 Press 1

www.veteranscrisisline.net

The Veterans Crisis Line is a free, confidential resource that is available to anyone, even if you are not registered with VA or enrolled in VA health care. The caring, qualified responders at the Veterans Crisis Line are specially trained and experienced in helping Veterans of all ages and circumstances.



Brentwood Strong

(925) 513-0000

www.brentwoodstrong.com

A grassroots effort to help the most vulnerable during the COVID-19 health crisis. They are a community collaboration of people helping people and are not limited to Brentwood, but to all of East County.

CalFresh (Food Stamps)

(800) 709-8348 - Application Line

(925) 513-3720- Brentwood Office

www.getcalfresh.org

The CalFresh program is a federal nutrition program that helps people with low income buy more food and improve their diets. Benefits are received monthly on a plastic EBT card (like a debit card), and can be used to buy groceries at more than 250,000 grocery stores and many farmers markets. If you did not qualify before, you may qualify now! You can apply online or by phone.

CC Café

Brentwood Senior Activity Center

(925) 516-5398

Currently CC Café is providing five frozen meals weekly for seniors to pick up or have delivered each Tuesday. Participants must pre-register each week for meals.

Great Plates Delivered Program

(800) 833-2900- Contra Costa Crisis Center

The Great Plates Delivered program is designed to support older adults in staying home and staying healthy by delivering three nutritious meals a day. To qualify for this program you must meet the requirements (age, income, household information, etc.).

Meals on Wheels Diablo Region

(925) 937-8311

www.mowdiablregion.org

This program delivers meals to seniors (60+) who are homebound, no longer driving and unable to prepare food themselves and do not have a caregiver to prepare meals for them. Meals are provided based on need and are not income based. Call Meals on Wheels Diablo Region for more information.



Contra Costa & Solano Food Bank

4010 Nelson Avenue, Concord

(925) 676-7543

www.foodbankccs.org

All Contra Costa & Solano Food Bank programs (listed below) are income based. The maximum household income allowed for participation for two people in the household is \$39,739. One-person household is \$29,352.

Brown Bag (Senior Food Program)

(925) 676-7543

www.foodbankccs.org

A Contra Costa & Solano Food Bank distribution for low-income seniors (55 +). Must pre-register and bring identification and proof of residency. Distribution is the 2nd & 4th Thursday of each month from 10:00am-11:00am, at the Brentwood Family Aquatic Complex, 195 Griffith Lane, Brentwood located behind the Senior Center.

Community Produce Program

(925) 676-7543

www.foodbankccs.org

A Contra Costa & Solano Food Bank program. They provide 15-20 pounds of free fresh produce to low income families and individuals twice a month. Please bring two bags with handles and choose ONE location:

- Immaculate Heart of Mary, 500 Fairview Avenue, Brentwood - 2nd & 4th Tuesday 12:00p-1:00pm
- The Commons, 69 Carol Lane, Oakley- 2nd & 4th Tuesday, 2:00-3:00pm
- Brentwood Community United Methodist Church, 218 Pine Street, Brentwood- 2nd & 4th Tuesday, 4:00-5:00pm
- New Covenant Church, 6080 Bethel Island Road, Bethel Island- 1st & 3rd Sunday, 1:00-2:00pm
- The Dwelling Place Church, 90 Village Drive, Brentwood- 1st & 3rd Sunday, 3:00-4:00pm

Food Assistance Program

(800) 855-309-FOOD (3663)

www.foodbankccs.org

A Contra Costa & Solano Food Bank program. Provides free groceries once a month for low-income families and individuals. Bring identification and proof of residency.

- Brentwood Community United Methodist Church, 218 Pine St. Brentwood, Monday & Wednesday 9:00am-12:00pm.



Retail Stores - Senior Hours

Costco

Senior Hours: Monday-Friday 9:00am-10:00am

(925) 757-7130

2201 Verne Roberts Circle

Antioch, CA 94509

Store Hours: M-F 10:00am-8:30pm, Sat 9:30am-7:00pm, Sun 10:00am-7:00pm

CVS

Senior Hours:

Wednesdays 9:00am-10:00am

Free pharmacy delivery (1-2day) with CVS app. Narcotics and Insulin delivery are not available.

(925) 626-3963

3171 Balfour Road

Brentwood, CA 94513

Store Hours: Daily 8:00am-10:00pm

Pharmacy Hours: M-F 9:00am-8:00pm, Sat & Sun 10:00am-6:00pm

(925) 634-8045

1175 2nd Street

Brentwood, CA 94513

Store Hours: Daily 8:00am-10:00pm

Pharmacy Hours: M-F 9:00am-8:00pm, Sat & Sun 10:00am-6:00pm

Dollar General

Senior Hours: Daily 8:00am-9:00am

(925) 308-5539

7820 Brentwood Boulevard

Brentwood, CA 94513

Store Hours: Daily 8:00am-10:00pm

Safeway

Senior "Golden Hours"

Tuesdays/Thursdays/Sundays 5:00am-9:00am

(925) 626-6020

3110 Balfour Road

Brentwood, CA 94513

Hours: 5:00am-11:00pm

(925) 634-6780

1125 2nd Street

Brentwood, CA 94513

Hours: 5:00am-11:00pm

Target

Senior Hours: Tuesday & Wednesday 8:00am-9:00am

(925) 752-0002

5769 Lone Tree Way

Antioch, CA 94531

Store Hours- 8:00am-10:00pm

Trader Joe's

Senior Hours: Daily 8:00am-9:00am

(925) 516-3044

5451 Lone Tree Way

Brentwood, CA 94513

Store Hours: 9:00am-9:00pm

Walgreens

Senior Hours: Tuesday 8:00am-9:00am

(925) 626-3491

2271 Balfour Road

Brentwood, CA 94513

Store Hours: Daily 8:00am-10:00pm

(925) 240-6043

6570 Lone Tree Way

Brentwood, CA 94513

Hours of Operation: 9:00am-9:00pm

(925) 513-4055

4520 Balfour Rd.

Brentwood, CA 94513

Hours of Operation: 9:00am-9:00pm

Walmart

Senior Hour- Tuesdays (prior to store opening) 6:00am-7:00am

(925) 755-0900

4893 Lone Tree Way

Antioch, CA 94531

Hours of Operation: 7:00am-8:30pm



Recreation

City of Brentwood- Rec@home

www.brentwoodca.gov/gov/parks/sports/recre@home.asp

Contra Costa County Library

www.ccclib.org/

Exercise

Inshape

www.facebook.com/inshape

Silver Sneakers

www.youtube.com/user/TheSilverSneakers

Zumba Gold

www.youtube.com/watch

Technical Help

Generations on Line

www.generationsonline.org

Provides online support and basic tutorials for seniors learning how to use their tablets and I-Pads.

How to use Zoom

www.youtube.com/watch?v=9isp3qPeQ0E&feature=youtu.be

Virtual Tours, Videos and Games:

Disney Park Rides

www.simplemost.com/virtually-ride-disney-attractions

Explore.org

www.explore.org/livecams

Monterey Bay Aquarium

www.montereybayaquarium.org/animals/live-cams

National Museum of Natural History

www.naturalhistory.si.edu/visit/virtual-tour

National Parks

www.artsandculture.withgoogle.com

San Diego Zoo

www.zoo.sandiegozoo.org/live-cams

Smithsonian National Zoo

www.nationalzoo.si.edu/webcams

Guide For Seniors

www.guideforseniors.com/blog/senior-online-games/



Scammers are always looking for new ways to perpetuate their crimes and are targeting unsuspecting seniors for their financial gain. Here are a few tips to watch out for.

Be diligent:

1. Be suspicious of any unexpected callers or visitors offering any COVID19 tests or supplies.
2. Do not respond to, or open hyperlinks in unknown emails or text messages.
3. Ignore ads on social media sites touting COVID-19 testing (a physician or other trusted healthcare professional should assess your condition and approve a request for testing).
4. Be aware of scammers pretending to be COVID-19 contact tracers. Legitimate contact tracers will never ask for your Medicare information or financial information.
www.aarp.org
5. Be careful what you do on a public Wi-Fi network. You should not use a public network for anything you do that requires you to log in or use a password.
6. Check your privacy settings on your computer and social media.
7. Do not use the same password for multiple accounts.

AARP Fraud Watch

(877) 908-3360

www.aarp.org

The AARP Fraud Watch provides information on the different types of scams and how to avoid them. If you are a victim of a scam, you can also report your experience to AARP Fraud Watch.

California Department of Insurance

(800) 927-4357

www.insurance.ca.gov

The California Department of Insurance has an array of information regarding insurance, and also includes a list of consumer scam alerts and how to avoid being a target.

- Elder Abuse- 1 in 10 seniors are victims of elder abuse (mentally, physically, or financially), and only 1 in 14 cases are reported.

Federal Trade Commission- Identity Theft

www.identitytheft.gov

If you think you may be a victim of identity theft, look at the Federal Trade Commission website for more information on signs of identity theft and what you can do to stop it.

Transportation

Care.com

Senior Transportation in Brentwood

www.care.com

Care.com is an online provider to locate and schedule transportation. You can find a driver that fits your needs, for an average of \$15.75/hr.

Daily Caring

www.dailycaring.com

Daily Caring is an online resource to help seniors find affordable transportation.

Mobility Matters

(925) 284-6161

www.mobilitymatterscc.com

Mobility Matters offers ambulatory, otherwise homebound senior residents of Contra Costa County free, one-on-one, door-through-door rides provided by volunteer drivers. These rides are primarily for obtaining medical care, groceries, and other necessities.

Tri Delta Transit

(925) 754-4040

www.trideltatransit.com

Fixed route bus service serving Eastern Contra Costa County.

Tri Delta ParaTransit

(925) 754-3060

www.trideltatransit.com

Tri Delta Transit offers Senior (age 65+) transportation with door-to-door public transportation. The transportation is limited to Tri Delta Transit's service area in Eastern Contra Costa County and is subject to ride availability.



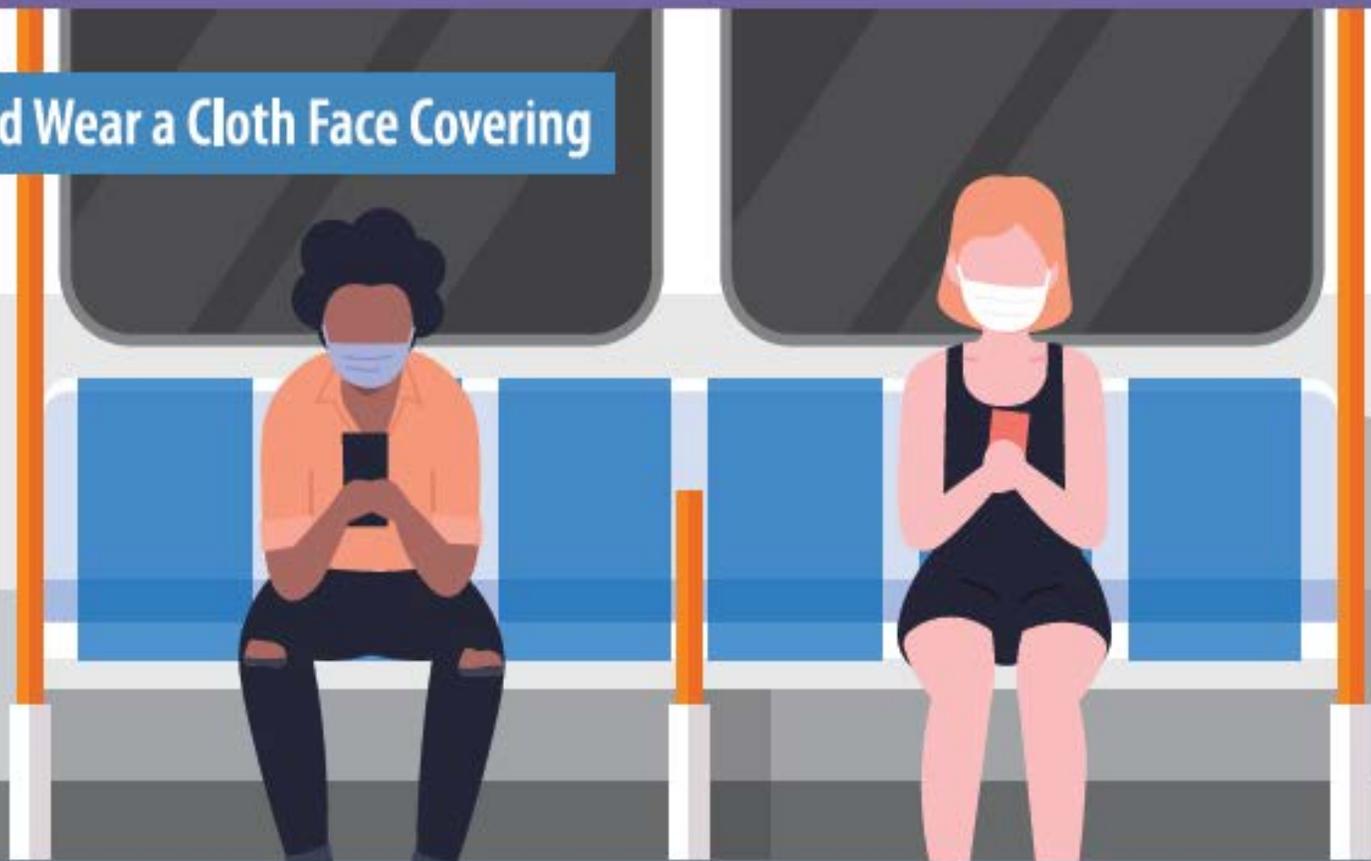
Help Protect Yourself and Others from COVID-19

Practice Social Distancing



Stay 6 feet (2 arm's lengths) from other people.

And Wear a Cloth Face Covering



Be sure it covers your nose and mouth to help protect others.
You could be infected and not have symptoms.

What You Can do if You are at Higher Risk of Severe Illness from COVID-19

Are You at Higher Risk for Severe Illness?



Based on what we know now, those at higher risk for severe illness from COVID-19 are:

- Older adults

People of any age with the following :

- Chronic kidney disease
- COPD (chronic obstructive pulmonary disease)
- Immunocompromised state (weakened immune system) from solid organ transplant
- Obesity (body mass index [BMI] of 30 or higher)
- Serious heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies
- Sickle cell disease
- Type 2 diabetes mellitus

Here's What You Can do to Help Protect Yourself



Limit contact with other people as much as possible.



Wash your hands often.



Avoid close contact (6 feet, which is about two arm lengths) with people who are sick.



Clean and disinfect frequently touched surfaces.



Avoid all cruise travel and non-essential air travel.

Call your health care professional if you are sick.

For more information on steps you can take to protect yourself, see CDC's [How to Protect Yourself](#).



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

Prevent the spread of COVID-19 if you are sick

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

If you are sick with COVID-19 or think you might have COVID-19, follow the steps below to care for yourself and to help protect other people in your home and community.

Stay home except to get medical care.

- **Stay home.** Most people with COVID-19 have mild illness and are able to recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- **Take care of yourself.** Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.
- **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other emergency warning signs, or if you think it is an emergency.
- **Avoid public transportation, ride-sharing, or taxis.**



Separate yourself from other people and pets in your home.

- **As much as possible, stay in a specific room** and away from other people and pets in your home. Also, you should use a separate bathroom, if available. If you need to be around other people or animals in or outside of the home, wear a cloth face covering.
 - See **COVID-19 and Animals if you have questions about pets:** <https://www.cdc.gov/coronavirus/2019-ncov/faq.html#COVID19animals>
 - Additional guidance is available for those **living in close quarters.** (<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/living-in-close-quarters.html>) and **shared housing** (<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/shared-housing/index.html>).



Monitor your symptoms.

- **Symptoms of COVID-19 include fever, cough, and shortness of breath but other symptoms may be present as well.**
- **Follow care instructions from your healthcare provider and local health department.** Your local health authorities will give instructions on checking your symptoms and reporting information.



When to Seek Emergency Medical Attention

Look for **emergency warning signs*** for COVID-19. If someone is showing any of these signs, **seek emergency medical care immediately:**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Bluish lips or face
- Inability to wake or stay awake

*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Call 911 or call ahead to your local emergency facility:

Notify the operator that you are seeking care for someone who has or may have COVID-19.

Call ahead before visiting your doctor.

- **Call ahead.** Many medical visits for routine care are being postponed or done by phone or telemedicine.
- **If you have a medical appointment that cannot be postponed, call your doctor's office,** and tell them you have or may have COVID-19.



If you are sick, wear a cloth covering over your nose and mouth.

- **You should wear a cloth face covering over your nose and mouth** if you must be around other people or animals, including pets (even at home).
- You don't need to wear the cloth face covering if you are alone. If you can't put on a cloth face covering (because of trouble breathing for example), cover your coughs and sneezes in some other way. Try to stay at least 6 feet away from other people. This will help protect the people around you.
- Cloth face coverings should not be placed on young children under age 2 years, anyone who has trouble breathing, or anyone who is not able to remove the covering without help.



Note: During the COVID-19 pandemic, medical grade facemasks are reserved for healthcare workers and some first responders. You may need to make a cloth face covering using a scarf or bandana.



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

Cover your coughs and sneezes.

- **Cover your mouth and nose** with a tissue when you cough or sneeze.
- **Throw used tissues** in a lined trash can.
- **Immediately wash your hands** with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



Clean your hands often.

- **Wash your hands often** with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- **Use hand sanitizer** if soap and water are not available. Use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- **Soap and water are the best option**, especially if your hands are visibly dirty.
- **Avoid touching** your eyes, nose, and mouth with unwashed hands.



Avoid sharing personal household items.

- **Do not share** dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
- **Wash these items thoroughly after using them** with soap and water or put them in the dishwasher.



Clean all "high-touch" surfaces everyday.

- **Clean and disinfect** high-touch surfaces in your "sick room" and bathroom. Let someone else clean and disinfect surfaces in common areas, but not your bedroom and bathroom.
- **If a caregiver or other person needs to clean and disinfect** a sick person's bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a cloth face covering and wait as long as possible after the sick person has used the bathroom.



High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.

- **Clean and disinfect areas that may have blood, stool, or body fluids on them.**
- **Use household cleaners and disinfectants.** Clean the area or item with soap and water or another detergent if it is dirty. Then use a household disinfectant.
 - Be sure to follow the instructions on the label to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to ensure germs are killed. Many also recommend precautions such as wearing gloves and making sure you have good ventilation during use of the product.
 - Most EPA-registered household disinfectants should be effective.

When you can be around others after you had or likely had COVID-19

When you can be around others (end home isolation) depends on different factors for different situations.



• I think or know I had COVID-19, and I had symptoms

- You can be with others after
 - 3 days with no fever
 - AND
 - symptoms improved
 - AND
 - 10 days since symptoms first appeared
- Depending on your healthcare provider's advice and availability of testing, you might get tested to see if you still have COVID-19. If you will be tested, you can be around others when you have no fever, symptoms have improved, and you receive two negative test results in a row, at least 24 hours apart.

• I tested positive for COVID-19 but had no symptoms

- If you continue to have no symptoms, you can be with others after:
 - 10 days have passed since test
- Depending on your healthcare provider's advice and availability of testing, you might get tested to see if you still have COVID-19. If you will be tested, you can be around others after you receive two negative test results in a row, at least 24 hours apart.
- If you develop symptoms after testing positive, follow the guidance above for "I think or know I had COVID, and I had symptoms."

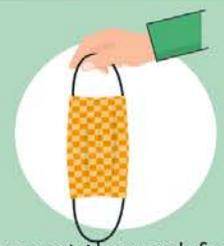
HOW TO WEAR A NON-MEDICAL FABRIC MASK SAFELY

who.int/epi-win

Do's →



Clean your hands before touching the mask



Inspect the mask for damage or if dirty



Adjust the mask to your face without leaving gaps on the sides



Cover your mouth, nose, and chin



Avoid touching the mask



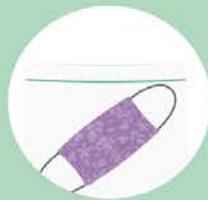
Clean your hands before removing the mask



Remove the mask by the straps behind the ears or head



Pull the mask away from your face



Store the mask in a clean plastic, resealable bag if it is not dirty or wet and you plan to re-use it



Remove the mask by the straps when taking it out of the bag

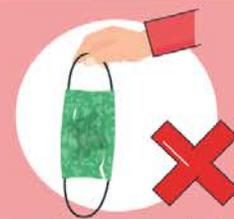


Wash the mask in soap or detergent, preferably with hot water, at least once a day



Clean your hands after removing the mask

Don'ts →



Do not use a mask that looks damaged



Do not wear a loose mask



Do not wear the mask under the nose



Do not remove the mask where there are people within 1 metre



Do not use a mask that is difficult to breathe through



Do not wear a dirty or wet mask



Do not share your mask with others

A fabric mask can protect others around you. To protect yourself and prevent the spread of COVID-19, remember to keep at least 1 metre distance from others, clean your hands frequently and thoroughly, and avoid touching your face and mask.



World Health Organization