

Tips on facemasks

(KLZA)-- The Centers for Disease Control has recommended wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain such as grocery stores and pharmacies.

Beth Beam, Ph.D., assistant professor in the University of Nebraska Medical Center College of Nursing and project director for HEROES, which provides emergency preparedness training and education for health care providers offered some tips for making your own mask. Make sure the mask covers from nose to mouth; if your mask has a metal strip that goes over the nose, it is important to press the mask against your face to get a good seal since everyone's face is different.

Beam says it's ok to fidget with the mask when you put it on to get just the right fit. This will allow you to go into some place such as the grocery store and not feel the need to adjust the mask so your hands are free and you keep your hands away from your face.

Beam said you should wash your mask on a regular basis in the washing machine using regular laundry detergent and making sure you dry it.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

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