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# "For Safety's Sake - Do Something"

SSOE GROUP IS A PROJECT DELIVERY FIRM FOR ARCHITECTURE, ENGINEERING, AND CONSTRUCTION MANAGEMENT.

## CORRECTLY WEARING YOUR MASK / FACE COVERING

The Centers for Disease Control and Prevention (CDC) has suggested that people wear face coverings in public settings, where other physical distancing measures are difficult to maintain. In some states and cities, masks are mandatory in public. The primary role of face coverings is to reduce the release of infectious particles into the air when an infected person speaks, coughs, or sneezes. Face coverings are not a substitute for physical distancing, frequent hand washing, and other everyday preventive actions. As there is a resurgence of COVID cases, we must take every precaution to protect not just ourselves but others, by simply wearing masks and social distancing. Do your part for Safety Always!

### How to wear a mask.

1. With clean hands, hold the mask in the palm of your hand.
2. Place the mask to your face and with the other hand pull the ear loops or straps into position.
3. Switching hands, do the same for the other side of the mask.
4. Earloops go over the ears, straps are above and then below the ears.
5. Adjust accordingly to completely cover the mouth and nose.

### How to take off a mask.

1. Place your hand over the mask, on your face.
2. Remove the ear loops or straps while holding the mask in place.
3. Move the mask away from your face.
4. If disposable, place into a lined or closed trash container.
5. If reusable, wash and clean accordingly, allowing to dry thoroughly.

### Tips for wearing a mask or face covering.

1. If there is visible damage of rips, tears, broken straps, soiled marks, saturation, or discoloration, dispose of immediately.
2. Ensure that the fit is snug on the face and completely covers the mouth and nose.
3. Have an extra mask available in case of damage.
4. Breathe normally and take breaks when permitted and away from others.
5. Use a moisturizer on your face to prevent rashes.



As we continue to see the COVID situation grow across the U.S., it is time to do a reminder of ways to protect yourself from COVID exposures. Peoples thoughts about this virus are at both ends of the spectrum, but the one thing to remember is this....if "they" are wrong, you are simply inconvenienced, but if "they" are right, you are at serious risk!

**For Safety's Sake, Do Something and protect yourself.**

**Safety Always!!**