## Mask Specifications, Care, and Fit Mask Care and Fit

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 antibacterial, washable mask with its Hi-tech Hydrophobic/ Hydrophilic lining material (wicks and repels moisture) 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.

Position the mask on your face making sure the nose form is on the top edge. When centered, press the nose form against your nose for a snug fit and to eliminate fogging of glasses. Next, adjust each ear loop slide to a comfort position followed by a "fine tune" adjustment of the top and bottom of the loop. When you breathe in and the mask fabric "sucks in", you know you have a snug fit. You may wish to have someone mark the ear loops behind each slide once you achieve a snug fit. Many of our users then "knot" the ear loops on the marks just behind the slide to "lock in" your fit.

It is recommended that our masks be hand washed in hot or cold water using a non-allergenic laundry detergent (not dish washing detergent as many contain natural or synthetic bleach that can fade the mask and possibly negate the anti-microbial defense). Should you elect to wash the mask in a washing machine, care should be taken as the "slamming" of the mask against the metal sides may damage the slides. It is therefore recommended that the mask be placed in a pillow case or delicate bag when electing to wash by machine. Allow to air dry as the dryer heat will cause the mask to shrink over a period of time, and "slamming" the heated slides of the mask against the wall of the dryer will cause the adjustable slides to break.

During hot weather, some prefer to wear the mask while damp for a cooling effect. To preserve the antimicrobial integrity, do not dry clean and avoid chlorine bleaches.

Special Care Instructions for Masks worn by Respiratory, Low Immune System, 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, these masks can be washed in the washing machine or by hand in hot water and then, if desired, dried in a dryer. However, it is essential that the mask be placed in a washable fabric bag/ pillow case to prevent the plastic slides from hitting against the sides and breaking. 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 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.