



Use and care instructions for cloth masks during COVID 19

There are specific recommendations for the use cloth of masks as protection from COVID-19 across UNSW buildings and campuses. The use of face masks is an extra precaution and not a substitute for the required hygiene and physical distancing measures outlined in the [Safe Return to Campus Guidance](#)..

How to use your mask

Watch this [NSW Health video](#) on how to use your mask safely.

When to change your mask

The effective use of a mask is based on the following factors:

- The activities being carried out
- The humidity and temperature of the room
- The volume of air being breathed by the wearer.

The requirement to provide masks as PPE for UNSW activities is determined through the conduct of a risk assessment. (include link)

All masks should be changed when they become damp, dirty, contaminated or damaged. This may mean that you will be required to change your mask more than once a day.

How to wash your mask

You can wash your mask by machine or by hand.

- Washing machine:
 - You can include your mask with your regular laundry.
 - Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the mask.
- Washing by hand can be done with detergent or bleach.
 - Using bleach: Check the label to see if your bleach is suitable for the material
 - Use a 4% sodium hypochlorite bleach. Do not use a bleach product if the percentage is not in this range or is not specified.
 - Ensure the bleach product is not past its expiration date
 - Never mix household bleach with ammonia or any other cleanser
 - Ensure adequate ventilation.
 - Prepare a bleach solution by mixing:
 - 2-3 tablespoons (20 ml/spoonful) of 4% bleach per litre of room temperature water

- Soak the mask in the bleach solution for 5 minutes then discard the solution down the drain and rinse the mask thoroughly with cool or room temperature water.
- Using detergent –
 - use a container of hot tap water with a detergent (no need to boil the water first) and let the cloth mask soak in the water. Give it a hand wash and then rinse thoroughly.

How to dry your mask

Make sure to *completely* dry your mask before use.

- Dryer: Use the highest heat setting and leave in the dryer until completely dry.
- Air dry: Allow to dry completely, either flat or line dry. If possible, place the mask in direct sunlight.

Contact your local [WHS Business Partner/ Coordinator for further information or support](#)

(Ref:- <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wash-cloth-face-coverings.html>)