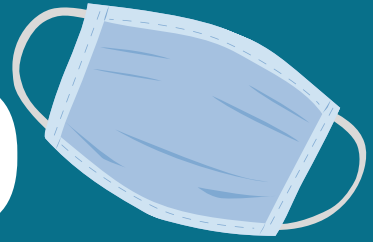


# Mask Up **Rock County**



## *Community Toolkit*

Resources to promote mask  
wearing in Rock County



Public Health

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- The appendix has great flyers, don't miss it!	

Special thanks to Green County Public Health  
for their assistance with this toolkit.

# What is Mask Up Rock County?

Mask Up Rock County is an initiative to encourage mask wearing in Rock County as a strategy for reducing the transmission of COVID-19. The phrasing "Mask Up" has been used during the COVID-19 pandemic by other states, counties, and cities in the United States. The Mask Up Rock County campaign is focused on three actions:

- Provide education on the importance of mask wearing.
- Encourage mask wearing around other people.
- Make masks accessible to residents

## Why should I participate?

We need you! The Mask Up Rock County campaign requires the partnership of interdisciplinary community stakeholders. In order to educate about masks, encourage mask wearing, and provide access to masks a team effort is needed on multiple fronts. This effort will require various mediums of communication, connections to community members, your innovative ideas, and commitment to the community. By participating in this campaign you will be helping make Rock County a safe and healthy place to live, work and play. Let's work together and get through this pandemic together.

# How to Participate in "Mask Up Rock County"

Thank you for partnering with Rock County Public Health to "Mask Up Rock County"! This initiative would not be possible without your help, and we encourage you to participate in whichever capacity you're able to.

- Set an Example

Make sure you "Mask Up" whenever you're in a public place around people not from your home.

- Create a Policy

Develop a mask wearing policy for your organization. This policy can be broad and adapted to best suite your needs.

- Post on Social Media

Utilize the social media templates included in the Social Media Toolkit.

Additionally, make your own posts promoting mask wearing.

- Use Hashtag #MaskUpRockCounty

Post pictures of yourself, your family, and those in your organization wearing masks and use the hashtag #MaskUpRockCounty on social media.

- Post In Real Life

Print out flyers from the Mask Up Rock County Community Toolkit and hang them in your office, your businesses, and other spaces you can.

- Help Others Mask Up

Make sure your family, friends, co-workers, employees, and clients have a mask and encourage them to wear it. If they don't have a mask, utilize the toolkit to help them make, buy, or receive a donated mask.

- Donate

Consider donating to a local organization working to provide masks to the community or to their employees. Donate masks, time, or money!

# Making a Mask

There are several resources available to help individuals make their own mask, or make masks for others! Whether a person wants to sew their mask or make a mask out of an old t-shirt there are several tutorials to help people do so. Click on the item to go to the tutorial.

## No Sew Masks

- [Bandana Mask Print Out](#)
- [T-Shirt Mask Print Out](#)
- [Bandana Mask Video](#)
- [T-Shirt Mask Video](#)

## Sewing Masks

- [Mask Pattern](#)
- [Mask Instructions](#)
- [Mask Video](#)

# Additional Resources

## Implementing a Mask Policy

- [Creating a Coronavirus Mask Policy](#)

## Wearing a Mask

- [Considerations for wearing a cloth face covering](#)
- [When should I wear a mask](#)
- [How do face masks work video](#)

## Mask Cleanliness

- [How to wash a face mask](#)



[Follow the Rock County Public Health Department on Facebook!](#)



[Follow the Rock County Public Health Department on Instagram!](#)

# APPENDIX

## Informational Flyers

(full color and printer -friendly versions)

- Cloth face coverings
- How to Wear a Mask
- Stop the Spread
- Mask Safety

## Statement Flyers for Stores and Businesses



Public Health

# Cloth Face Coverings: What You Need to Know

## **Why Wear a Cloth Face Covering?**

Cloth face coverings help keep those around you from becoming contaminated with coronavirus. When others wear face coverings, they're helping prevent transmission to you. Face coverings are also useful in helping someone avoid directly touching their mouth or nose.

## **How to Wear a Cloth Face Covering**

Cloth face coverings should - fit snugly yet comfortably around the sides of the face, be secured with ties or ear loops, include multiple layers of fabric, allow for breathing without restriction, be able to be laundered and machine dried without damage.

## **Should Cloth Face Coverings be Washed?**

Yes, they should be routinely washed depending on frequency of use. A washing machine is sufficient in washing a cloth face covering.

## **How to Safely Remove a Cloth Face Covering**

Be careful not to touch your eyes, mouth, or nose when removing your face covering and wash your hands immediately after removal.

## **How to Protect Yourself From COVID-19**

Stay home as often as you can and limit travel to only essential trips. When you do have to go in to public, practice social distancing, wear a mask, and use good hand hygiene. Make sure to wash your hands or use hand sanitizer often.





# How to Wear a Mask



- 1) Wash your hands or use hand sanitizer.
- 2) Secure your mask around your ears or head.
- 3) Ensure your mask is covering your nose and mouth.
- 4) Ensure your mask fits snug against your face.
- 5) Avoid touching your mask while wearing it.
- 6) When Removing Your Mask:
  - a) Grab the ear loops or strings.
  - b) Pull the mask away from your face.
  - c) Avoid touching the inside or outside of the mask.
- 7) Wash your hands well or use hand sanitizer after removing your mask.



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Public Health

# Stop the Spread

Wearing a mask is one of the best ways to prevent the spread of COVID-19. The mask prevents droplets from an infected person from being spread to others.

COVID-19  
Carrier

Others



Highest  
risk



High  
risk



Lower  
risk



Lowest  
risk



Public Health

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Wearing a mask is one of the best ways to prevent the spread of COVID-19. The mask prevents droplets from an infected person from being spread to others.

**COVID-19  
Carrier**



**Highest  
risk**



**High  
risk**



**Lower  
risk**



**Lowest  
risk**

**Others**



Public Health

# Mask Safety



- Do not wear a soiled or visibly dirty mask.
- Do not wear a mask while exercising or swimming.
- Do not share face masks with other people.
- Avoid touching your mask while you're wearing it.

People who should avoid wearing a mask:

- Children under the age of 2.
- People who have asthma or other breathing complications.
- People with any medical conditions that are hindered by wearing a mask



Public Health

# Mask Safety



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- Do not wear a mask while exercising or swimming.
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**OUR EMPLOYEES  
WEAR MASKS TO  
PROTECT YOU.**



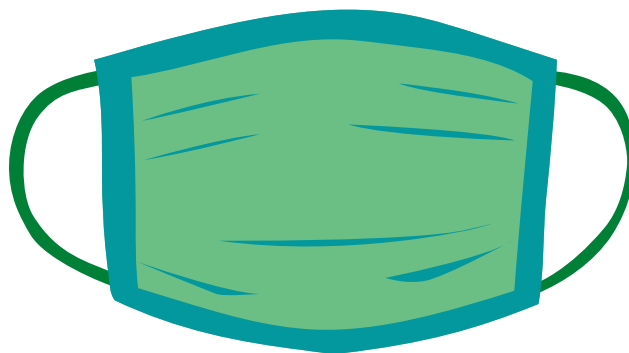
**PLEASE WEAR A MASK  
TO PROTECT THEM.**



**WE ARE HAPPY TO BE  
OPEN FOR YOU!**



**PLEASE HELP US STAY OPEN  
BY WEARING A FACE COVERING  
IN OUR STORE.**



*Thank you!*



Public Health



# Mask Up Rock County



***Mask are required  
in this establishment***

**Thank you for protecting our community!**



Public Health

# Mask Up Rock County



Public Health

Masks are required in this space  
to help prevent the spread of  
COVID-19.

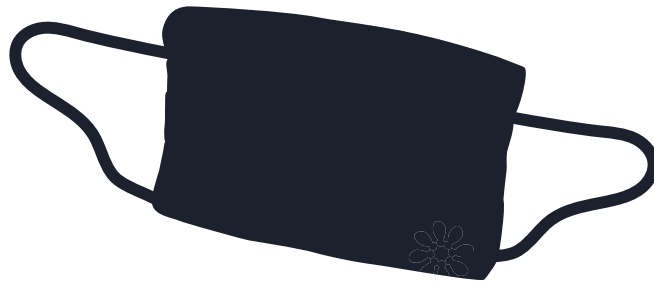
Thank you for your cooperation!

.....

Debe usar máscaras en este espacio  
para ayudar a prevenir la  
propagación de  
COVID-19.

Gracias por su cooperación.

# Masks are REQUIRED for entry



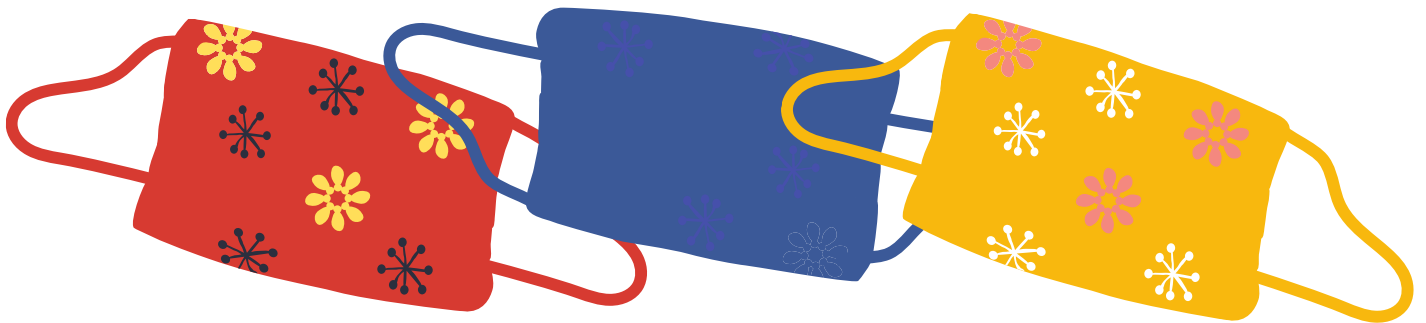
They should cover your nose  
and mouth at all times.

*THANK YOU!*



Public Health

# Masks are REQUIRED for entry



They should cover your nose  
and mouth at all times.

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Public Health

