



Mask Guidelines Update

Over the last many weeks, as we have provided some guidance in helping you keep yourselves, your families, and your communities safe, we at R-Health, have provided you with guidance and tips with decreasing the spread of COVID.

One of the most important pieces of advice is around masking and facial coverings. R-Health has [instructional videos](#) relating to masking, including the proper way to put on and take off (doffing) masks. Many people have decided to own this! They have individualized and personalized mask wearing in public. Our members have been creative in finding ways to wear them comfortably for long periods of time as well.

It is important to keep your facial coverings clean. Having several alternatives to your favorite mask is important in order to keep bacterial growth and other potential pathogens (Yes, there are still other infections not related to COVID) at a minimum. Washing your facial covering is important because they come into contact with your mouth and nose. Try to wash your face coverings once a day, or after each use. Machine washing and hand washing will work, just be sure to use hot water. Refrain from touching all but the loops or ties when using your mask or facial covering. Having a favorite is good but having a clean one is better.

Show us your mask. Post a photo of you in your mask. We can't wait to see you doffing your mask!