



Consejos para usar mascarilla en el calor



¡Tome en cuenta estas sugerencias durante los días calurosos!



Recomendaciones de Mascarillas

- Seleccione un material transpirable
- Asegúrese de que la mascarilla esté lo suficientemente suelta
- Use una mascarilla de color claro



Lávese las manos con agua y jabón o use un desinfectante para manos, antes y después de ponerse o quitarse la mascarilla; y cuando coma y beba.



Evite tocar su cara y la parte de enfrente de la mascarilla.

- Cuando una mascarilla se moja o se humedece por el sudor, es posible que la mascarilla no sea tan protectora y que le resulte más difícil respirar.
- ¡Lleve una mascarilla adicional y limpia en caso de que necesite reemplazar su mascarilla!



Guarde su mascarilla en una bolsa que esté limpia y tenga un cierre hermético.



6 pies (2m.)

Trate de tomar su descanso en una área espaciosa y con sombra.

- Manténgase hidratado en la calor.
 - **Recuerde de beber 1/2 litro de agua cada 1/2 hora**
- Manténgase a 2 m (6 pies) de distancia de otras personas cuando coma o beba.



Referencias y Recursos

<https://deohs.washington.edu/pnash/home>

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

<http://www.ghhin.org/heat-and-covid-19>

<https://lni.wa.gov/safety-health/safety-training-materials/workshops-events/beheatsmart#questions-and-answers>

<https://www.cambridge.org/core/journals/disaster-medicine-and-public-health-preparedness/article/testing-the-efficacy-of-homemade-masks-would-they-protect-in-an-influenza-pandemic/0921A05A69A9419C862FA2F35F819D55>



Keep these in mind during hot days!



Tips for wearing Masks in the Heat



Mask Recommendations

- Select a breathable material
- Ensure the mask is loose enough
- Use a light colored mask



Wash your hands with soap and water or use a hand sanitizer, before and after putting on or taking off your mask; and when you eat and drink.



Do your best not to touch your face or front of the mask!

- When a mask gets wet or damp from sweat, the mask may not be as protective and it may be more difficult to breath. Carry a clean spare mask with you in case you need to replace your mask!



Store your mask in a clean resealable zip bag!



6 feet (2m.)

Try to take your break in a shaded and spacious area.

- Stay hydrated in the heat.
 - **Drink 1/2 liter of water every 1/2 hour**
- Keep 6 ft (2 m) away from people when eating or drinking.



References and Resources

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