



William D. Gore
Sheriff

Detention Services Bureau, In-Service Training Unit
Telephone: [REDACTED]

April 9, 2020

TRAINING BULLETIN

Page 1 of 4

CORONAVIRUS PREVENTION: HOW TO PROPERLY WEAR A SURGICAL
FACE MASK

Follow the highlighted link below to watch a brief video that demonstrates eight simple steps for donning, wearing, and doffing a surgical mask:

<https://youtu.be/1Vb6JhgdHos>



Source: Ministry of Health

Bernama Infographics

THINGS TO REMEMBER

- Before putting the mask on, inspect it for any tears or holes.
- Locate the metal strip in the mask. This is the top of the mask.
- Replace your surgical mask if it becomes damaged or damp.
- Avoid touching the front of the mask, which may be contaminated.

This Training Bulletin was prepared by the Detention In-Service and Medical Services Division Training Units. If you have expertise in a particular subject and would like to write a training bulletin, please contact the Detention In Service Training unit at [REDACTED]



San Diego County Sheriff's Department
Detention Services Bureau

[TIPS FOR USING A 3M™ FILTERING FACEPIECE RESPIRATOR 8511](#)

Follow the highlighted link below to watch a brief video that demonstrates simple steps for donning and wearing an N95 mask:

https://youtu.be/vZW3wNKph_c

How to wear N95 Face Mask?



- 

1 Wash hands before putting on the mask
- 

2 Select a N95 mask that fits you well
- 

3 Hold the mask in your hand. Place it firmly on your nose, chin and mouth.
- 

4 Stretch and position the bottom band under ears. Then, position the top band at the back of your head
- 

5 Press the metal wire against the bridge of your nose to fit on your face.
- 

6 Perform a fit check by breathing in and out. Check if there is air leakage around face.

THINGS TO REMEMBER

- Although some masks might differ in brand or model, same steps apply.
- Before donning the mask, inspect it for any tears or holes.
- Locate the metal strip on the mask. This is the top of the mask.
- Replace your mask if it becomes damaged or contaminated.

This Training Bulletin was prepared by the Detention In-Service and Medical Services Division Training Units. If you have expertise in a particular subject and would like to write a training bulletin, please contact the Detention In Service Training unit at [REDACTED]



San Diego County Sheriff's Department
Detention Services Bureau

INMATE MADE BARRIER MASKS

CDC is advising the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.

Inmates who are part of the Sewing Program at LCDRF have been tasked with assembling the mask pictured below. The preferred method on how to don this barrier would be like that of a surgical mask:

- Ensure the mask covers your nose, mouth, and chin.
- Loop the straps over your ears.



¹ Note: SWORN STAFF ARE NOT PERMITTED TO BRING THEIR OWN FACE COVERINGS TO WORK.

This Training Bulletin was prepared by the Detention In-Service and Medical Services Division Training Units. If you have expertise in a particular subject and would like to write a training bulletin, please contact the Detention In Service Training unit at [REDACTED]



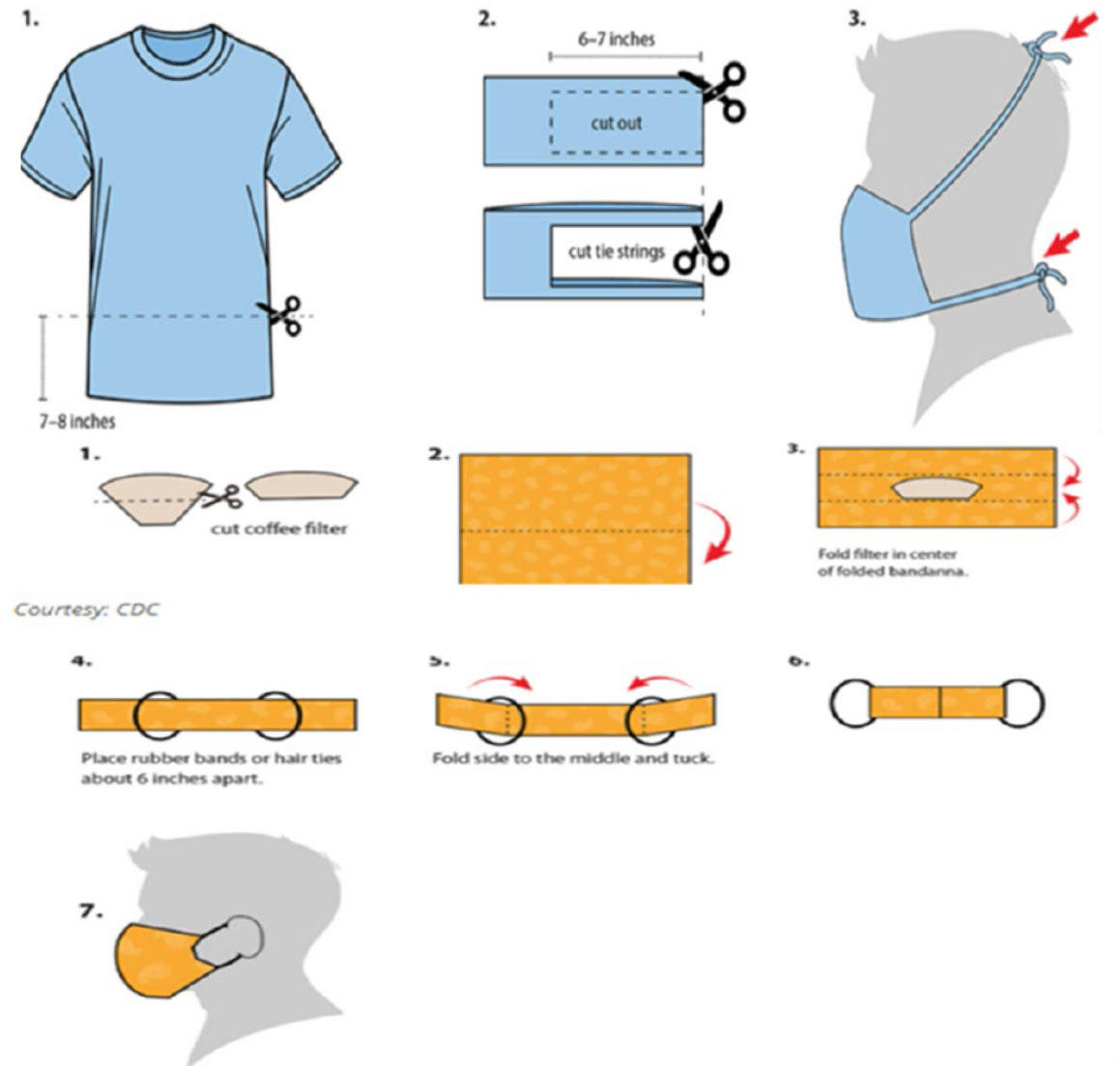
(Professional Staff ONLY)

SURGEON GENERAL SHOWS HOW TO MAKE YOUR OWN FACE COVERING

Follow the highlighted link below to watch a brief video of Surgeon General Dr. Jerome Adams demonstrating how to create your own face mask:

<https://www.youtube.com/watch?v=PI1GxNiAjlw>

Other Options:



Courtesy: CDC