

# **Bastyr University COVID Protocols – Mask FAQ's**

This document provides guidelines for the use of approved masks on any Bastyr campus or clinic to be in compliance with Bastyr University's COVID safety protocols and procedures for on-site activity.

## **Where are masks required to be worn?**

- Masks are required to be worn when indoors at any Bastyr University building

## **What type of masks are approved for use?**

- N-95 or equivalent masks are required in any **LAB**, including the nutrition kitchen and botanical medicine kitchen
- N-95 or equivalent masks are required in the **CLINIC** (BCNH and Building B at BUC)
- Surgical masks or cloth masks may be worn in classrooms, offices, or common areas

## **What are the approved N-95 or equivalent type of masks?**

The masks pictured below are samples of NIOSH or FDA approved masks that have a 95% PFE (Potential Future Exposure) and 99% BFE (Bacterial Filtration Efficiency). These are examples of masks that are approved for use in Bastyr buildings.



3M 9205



Makrite K-N95



3M 8210



BNX KN-95

- Masks should have a 95% or higher PFE (Potential Future Exposure) rating
- Masks should be NIOSH or FDA approved or equivalent
- Be aware that the information provided in this document is subject to change based on updated information
- Gaiters, scarves, or bandanas are not approved for use on Bastyr sites

## Where can I get a mask when I am in a Bastyr University building?

### **BUK:**

- **Surgical masks** can be found at the front desk main reception entrance, the Chapel double doors, the Student Resource Center, the Security Office, and at PPE stations positioned on each floor
- **N-95 masks** are available and will be placed in each lab, at the security office, and at the front desk main reception of the building

### **BUC:**

- **Surgical masks** can be found at the entrance to every building
- **N-95 masks** are available and will be placed in each lab and with the PSR's in the clinic
- Individual brown paper sacks labeled with an individual's name will be provided for students to keep their N-95 mask in the preview review rooms when rotations are complete

### **BCNH:**

- **Surgical masks** can be found at the entrance to every building and on each floor near the elevators
- **N-95 masks** are available in each preview review room
- Individual brown paper sacks labeled with an individual's name will be provided for students to keep their N-95 mask in the preview review rooms when rotations are complete

## When can I remove my mask?

- When dining in a designated dining area, it is acceptable to temporarily remove your mask to take a bite of your meal or sip of your beverage
- When in the classroom, it is acceptable to temporarily remove your mask to take a sip of your beverage
- When outdoors and in a group with less than 500 individuals
- When occupying an office or meeting room, where you are the only individual in the space and with the door shut

# How to wear a mask

THE FLORENTINE  
by Leo Cardini

## How to put on the mask



Wash hands



place mask over  
nose and mouth



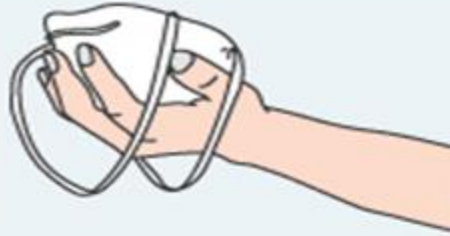
pinch nose clips  
on your nose



Wash hands  
if you touched the front

# How to wear a N-95 mask

- 1** Choose a small or medium-sized face-piece that fits the face. Pull the head bands loose. The metallic strip should be uppermost. Pass the hand through the head bands.



- 2** Put on the mask. The head bands should be around the head and neck.



- 3** Press the metallic strip on both sides with the forefingers and middle fingers of both hands.



- 4** **Seal Check:**

**Positive pressure checking** – cover the mask lightly with both hands. Breathe with deliberation. Air should not leak out from the side of the mask.

**Negative pressure checking** – cover the mask lightly with both hands. Suck in air with deliberation. The mask should depress slightly inward.

