



### Providing Proper PPE Equipment (Mask)

For the most part, athletes and volunteers should have their own. This would be for local programs to have on-hand as needed of someone forgot or lost their face mask. We also know that for some of our athletes, they do not have the means to acquire a mask. Let's do our part to help in the process. This is an approved local program expense.

#### Disposable Mask

<https://www.amazon.com/Disposable-Masks/s?k=Disposable+Masks>



For those that are not able to wear a face mask, a face shield may also be an option

#### Face Shield

<https://www.amazon.com/Best-Sellers-Industrial-Scientific-Medical-FaceShields/zgbs/industrial/11312309011>



Ask within your delegation to see if anyone is making them. This is a great way to get parents, family members and the community involved.

For athletes with Kentucky Medicaid, part of which is 1915c Waivers. There are several waivers: HCB (Home & Community Based), Michelle P, SCL, Acquired Brain Injury, Hart Support Living are the Principal Waivers.

With a waiver, the recipient has a portion of their budget called "Goods and Services". The Department for Aging and Independent Living (DAIL) has ruled that masks could be an expense in this portion of the individual's budget. Their case manager/support broker can help them obtain the masks or funds to get the masks.

For questions or additional information on this, please contact SOKY Barren County Local Coordinator James Cheely at [jamescheely42141@gmail.com](mailto:jamescheely42141@gmail.com)

## **Face Mask Usage Instructions**

1. Clean your hands with soap and water or hand sanitizer before touching the mask.
2. Inspect the mask to make sure there are no obvious signs of deterioration or damage.
3. Determine which side of the mask is the top and which side is the front.
4. Follow the instructions below for the type of mask you are using.

### ***Face Mask with Ear Loops:***

1. Hold the mask by the ear loops. Place a loop around each ear.

### ***Face Mask with Ties:***

1. Bring the mask to your nose level and place the ties over the crown of your head and secure with a bow.
2. Take the bottom ties, one in each hand, and secure with a bow at the back of the neck.
3. Pull the bottom of the mask over your mouth and chin.

### ***Face Mask with Bands:***

1. Hold the mask in your hand with the nosepiece or top of the mask at fingertips, allowing the headbands to hang freely below hands. Bring the mask to your nose level and pull the top strap over your head so that it rests over the crown of your head. Pull the bottom strap over your head so that it rests at the back of your neck.

### ***Face Mask (General):***

1. If the mask has a flexible nose piece, fold or pinch the stiff edge to the shape of your nose.

### **Removing the Mask**

Prior to removing the mask, clean your hands with soap and water or a hand sanitizer. Keep in mind that the mask could be contaminated. When removing the mask, try to only touch the ear loops/ties/band. Masks with ties should be removed by releasing the bottom tie first and then the top prior to pulling the mask away from face.

1. If using a cloth mask, they should be washed following each day of usage. Having more than 1 cloth mask is advisable.
2. Disposable masks should be thrown into the trash when they are removed and or if they become soiled.
3. After removing the mask, clean your hands again with soap and water or hand sanitizer.