

Our Mission

The **We Got Us Empowerment Project** is a grassroots collective of Black community members, health professional students, college students, high school youth, health professionals, and allies dedicated to improving the health of our communities through the following pillars:



Our Pillars
Access
Education
Healing



For more information about health resources, COVID-19 support, and We Got Us, feel free to scan the QR code below!



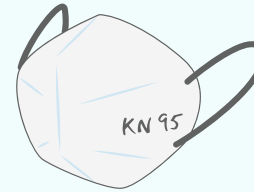
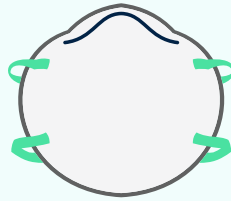
For more info visit wegotusproject.org
Follow us @wegotusproject

What Mask? How do I get it?

What mask should me and my family wear?

According to the CDC, while cloth and surgical masks are more comfortable, they offer much less protection against COVID-19 compared to **N-95, KN-95, and KF-94 masks.**

*****N-95 Masks filter out 95% of incoming particles (which include viruses)**



Where can I get N-95, KN-95, and KF-90 Masks?

You can buy these masks at local retailers or pharmacies.

If you cannot afford to buy these masks, **you are eligible to receive 3 free N-95 masks** from pharmacies (CVS, Costco, Walgreens, Walmart, etc.) throughout Boston and Massachusetts.

*****You do not need an ID or health insurance to receive these masks**

Source:

- 1) <https://www.nytimes.com/wirecutter/reviews/where-to-buy-n95-95-masks-online/>
- 2) <https://www.cdc.gov/vaccines/covid-19/retail-pharmacy-program/participating-pharmacies.html>

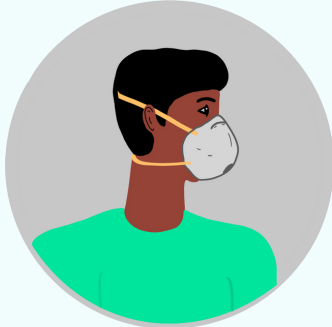


Face Masks & COVID-19



How to Wear a Mask

How do I wear N-95, KN-95, or KF-94 Masks?



How to put the mask on:

- Select a mask of appropriate size.
- Use hand sanitizer or wash your hands.
- Place mask over your face.
- Place the mask bands on your head. Either:
 - Place bands on ears or,
 - Place one band at the crown of your head. Place one band at the neck.
 - ***Do not cross the bands.**
- Press down on the nose piece to ensure a tight fit.
- Check your mask for a tight seal.
- Use hand sanitizer or wash your hands.
- All done!

How to Take Off a Mask



How to take the mask off:

- Use hand sanitizer or wash your hands.
- Remove the mask by handling the bands.
- ***For masks with ear bands:**
 - Take the bands off each ear.
- ***For masks with hand bands:**
 - Take off the neck band first.
 - Next, take off the head band.
- ****Do not touch the front of the mask.**



How to Take Care of It

Reusing your mask:

- How long can you reuse a N-95, KN-95, or KF-94 mask? It depends.
- If it remains clean, you can wear it continuously for 1 week.
- If wearing for errands only, you can wear it for longer than a week.
- Throw away mask if it gets visibly wet, damp, torn, or soiled.



Keeping your masks clean:

- Place on a clean paper towel with the exterior facing down.
- You can also store it in a paper sack.
- Do not store a mask in a purse, backpack, globe box, or airtight container.
- Do not wash, rinse, or disinfect a mask.

Source:

<https://www.nebraskamed.com/COVID/your-n95-respirator-guide-the-right-way-to-wear-and-reuse>

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