How to Use a Face Mask
Take care of yourself. Take care of our team.

1. Wash your hands before putting a mask on or taking it off.

2. Put your mask on so that it covers your nose, mouth, and chin. Pinch around your nose to ensure a secure fit.

3. Don't pull down your mask down below your nose or mouth.

4. Carefully remove your mask by the straps for breaks or meals.

5. Before reuse, inspect the mask. If it is wet, torn, or dirty, place it in a landfill bin.

6. When reusing the mask, make sure you put it on properly. Always wash your hands before putting a mask on or removing it.

Source: University of Rochester

Learn more at richmond.edu/coronavirus.
CRISES HAVE 3 PSYCHOLOGICAL PHASES:

1. EMERGENCY: Shared, clear goals & urgency make us feel energized, focused, even productive.

2. REGRESSION: We realize the future is uncertain, lose sense of purpose, get tired, irritable, withdrawn, and less productive.

3. RECOVERY: We begin to reorient, revise our goals, expectations, roles, and begin to focus on moving beyond vs. getting by.

ALL OF THIS IS NORMAL REACTION TO ABNORMAL SITUATION.