



Mask FATIGUE:

Mask fatigue *is REAL.*

Did you know improper breathing while wearing a mask can cause anxiety, headaches, increased heartrate, dizziness, and tiredness?



**Combat mask fatigue
by taking quality breaths.**

- A quality breath is long and slow, and consists of a four second inhale through the nose, a six second exhale through the mouth, and a two second pause.



- Take five quality breaths:

- Before putting on your mask
- Immediately after putting your mask on
- After taking your mask off

- Quality breaths also help relieve stress!

Take mask breaks when safe.

- Safe is considered when you can safely remove your mask when you have finished your errand, activity, or work shift and are away from others. You can remove it outside or while in your car.



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