

Use of Cloth Face Coverings to Help Slow the Spread of COVID-19



How to Wear Cloth Face Coverings

DO:

- Wash your hands before and after wearing a face covering.
- Use the ties or ear loops to put on and take off a face covering. Do not touch the front or inside of the mask.
- Secure the face covering snugly but comfortably against the sides of your face with no gaps. Face coverings should completely cover your nose and under your chin.
- Face coverings should include multiple layers of fabric and allow for breathing without restriction.
- Face coverings should have the ability to be laundered and machine dried without damage or change to shape.



Completely cover mouth and nose making sure there are no gaps

DO NOT:

- Wear the face covering below your nose or leave your chin exposed.
- Touch the face covering or pull it up or down while out.
- Touch the front or inside of the face covering when putting on or taking off.
- Wear damaged or soiled face coverings.

When should I wear a face covering?

CDC recommends wearing cloth face coverings while out in public and in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), **especially** in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cloth face covering without assistance.

Should cloth face coverings be washed/cleaned regularly? How regularly?

Yes. Face coverings should be routinely washed/cleaned depending on the frequency of use. Face coverings should be kept in a clean, dry place.

How does one safely sterilize/clean a cloth face covering?

A washing machine should suffice in properly washing a cloth face covering.

How does one safely remove a cloth face covering?

- Remove face coverings by only holding the ear loops or ties.
- Do not touch the front of the covering and do not touch your eyes, nose and mouth when removing the cloth face covering.
- Wash hands with soap and water immediately after removing.

For more resources, visit [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus) or info.regdist.com/coronavirus-update-and-resources.