

# Use of Masks to Help Slow the Spread of COVID-19



## How to Wear a Mask:

### DO:

- Wash your hands before and after wearing a mask.
- Use the ties or ear loops to put on and take off a mask. 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. Masks should completely cover your nose and under your chin.
- Masks should include multiple layers of fabric and allow for breathing without restriction.
- Masks should have the ability to be laundered and machine dried without damage or change to shape.

### DO NOT:

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

## When should I wear a mask?

CDC recommends wearing 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 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.

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 masks be washed/cleaned regularly? How regularly?

**N95, KN95, Surgical Masks and Similar Masks** - Washing is not recommended as it may reduce the efficacy of the mask. Masks can be used for approximately 2-3 weeks with normal use. Discard and replace the mask immediately if it becomes heavily soiled, saturated with oil (ex: cooks wearing masks in kitchens), worn out, or has holes.

**Cloth Masks** - Routinely machine wash depending on the frequency of use. All masks should be kept in a clean, dry place.

## How does one safely remove a mask?

- Remove masks by only holding the ear loops or ties.
- Do not touch the front of the mask and do not touch your eyes, nose and mouth when removing the mask.
- 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](https://www.info.regdist.com/coronavirus-update-and-resources).

