



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

If you need to leave your home, wear a cloth face covering.

The Centers for Disease Control and Prevention recommends that everyone wear cloth face coverings when outside of the home to help slow the spread of COVID-19. This advice is based on data about how COVID-19 can spread before a person has any symptoms. A mask helps protect others around you if you are infected and don't know it.

A cloth face covering is one more precaution we can take to help slow the spread of COVID-19 – and is not a substitute for social distancing and other prevention measures. You still need to stay at least six feet away from people, even when wearing a face covering.

The cloth face coverings recommended are not surgical masks or N-95 respirators. These types of masks are critical supplies that must be reserved for our healthcare workers and first responders.

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 mask without assistance.

What is a cloth face covering?

A cloth face covering is any well-secured cloth (like a bandana, scarf or homemade mask) that covers your mouth and nose. It does not adequately protect the wearer and is not a substitute for social distancing, but can protect others in case the wearer is infected with COVID-19 and has not started showing symptoms. Cloth face coverings are recommended to help preserve Personal Protective Equipment for frontline healthcare workers.

PUTTING ON A CLOTH FACE COVERING:

- **With clean hands, determine the outside of the cloth face covering and that should face away from you**
- **Grasp the cloth face covering by the ear loops and place a loop around each ear**
- **Make sure the cloth face covering covers your mouth AND nose**

- Avoid touching the front of your cloth face covering while it is in place
- If it becomes soiled you should replace it
- If you touch the cloth face covering wash your hands.

REMOVING A CLOTH FACE COVERING:

- Grasp the ear loops and pull forward over your ears to remove
- Do not touch your eyes, nose and mouth when removing it
- Fold the cloth face covering so that the area facing outward is folded over itself
- Place a cloth face covering in a plastic bag for laundering later taking care not to touch it to the outside of the plastic bag
- Remove and store cloth face covering properly and safely
- Immediately wash your hands after removing it.

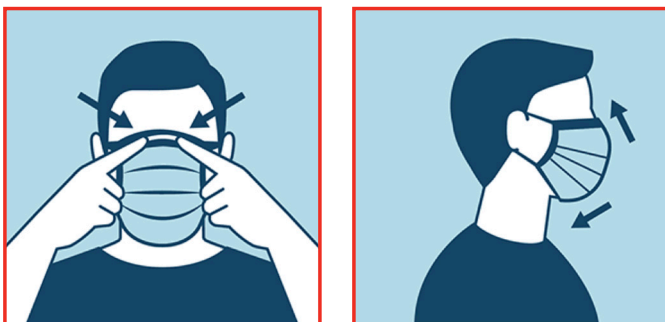
Clean cloth face coverings daily by hand or machine using detergent. A washing machine should suffice to properly wash a cloth face covering. Make sure it's completely dry before using. You should have a few on hand so you can rotate for washing.

Make your own covering.

The CDC has [instructions](#) on making your own coverings in several different methods, including machine or hand-sewn, a no-sew method with a t-shirt and scissors and a no-sew method with a bandana.

Cloth face coverings should:

- Fit snugly but comfortably against the side of the face
- Be secured with ties or ear loops
- Include multiple layers of fabric
- Allow for breathing without restriction
- Be able to be laundered and machine dried without damage or change to shape.



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