

# Cloth Face Coverings

## How to Wear & Wash Properly

The Center for Disease Control and Prevention (CDC) recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain. The CDC also advises the use of 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 to others.



### 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

### HOW TO PUT THE CLOTH FACE COVERING ON:

- Wash your hands with soap and water for at least 20 seconds before and after putting on the face covering
- Make sure the exterior side of the face covering is facing out, away from your face
- Place the face covering on your face and try to use the ties or ear loops to avoid touching the inside/outside of the cloth face covering and place the cloth face covering
- Loop around your ears or tie the face covering behind your head (tie strings around neck, then over top of head)
- Make sure the face covering is completely secure and covers your nose and mouth so that the bottom edge is under your chin

### WHILE WEARING THE CLOTH FACE COVERING:

- Avoid pulling the face covering down. Adjustments should be made using the ear loops or ties
- Avoid touching your face even when the face covering is in place
- If you do touch the face covering for any reason, wash your hands before and after touching

### HOW TO SAFELY REMOVE A USED CLOTH FACE COVERING:

- Wash your hands before and immediately after removing the face covering
- Do not touch the inside of the face covering, it may be contaminated from breathing, coughing, or sneezing
- If you do touch the inside of the face covering, wash your hands
- Untie or pull the ear loops up and over your ears, being careful not to touch eyes, nose, and mouth

### HOW TO WASH YOUR CLOTH FACE COVERING:

- The face covering should be washed at the end of every day
- Wash in the washing machine with hot water and detergent
- Dry completely on medium or high heat in the dryer

**Please note:** If you are given a cloth face covering, it should be properly washed before you wear it.