

Instructions for Wearing a Cloth Face Mask

Mask requirements

1. Should fit snug and comfortable against the side of the face
2. Must be secured with either ties or ear loops
3. Must allow for breathing without restriction
4. Should include several layers of fabric
5. Wearing a cloth mask **does not replace the need to keep social distancing** of at least 6 feet
6. Do not place on children under the age of 2, on anyone who has trouble breathing, or is unable to remove the mask without assistance

How to put on mask

1. Prior to putting mask on, wash hands with soap and water or alcohol-based hand rub
2. Make sure mask fits snugly around the mouth and nose when placed on the face



How to remove the mask

1. When removing the mask, do not touch your eyes, nose, or mouth when removing the face covering
2. Wash hands immediately after removing the mask for at least 20 seconds with soap and water

How to clean the mask

- Wash daily after a 8-hour work shift in the washing machine in the hot setting and dry completely in the dryer.

How to maximize prevention efforts

Save the use of N95s and surgical masks to the healthcare workers, as they are in short supply. In addition to wearing a cloth mask, you must:

- Practice social distancing of at least 6 feet apart from others
- Wash hands for at least 20 seconds with soap and water, or use hand-sanitizer when soap and water is not immediately available
- Avoid touching your face
- Stay home and limit public outings to only essential, life-sustaining activities

Additional resource

CDC: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>