HOW TO SAFELY USE A CLOTH FACE COVERING

Wear your face covering correctly.

• Wash your hands before putting on your face covering.
• Put your mask over your nose and mouth and secure it under your chin.
• Try to fit it snugly against the sides of your face.
• Make sure you can breathe easily.

Use the face covering to help protect others.

• Wear a face covering to help protect others in case you’re infected but don’t have symptoms.
• Keep the covering on your face the entire time you’re in public.
• Don’t put the covering down around your neck or up on your forehead.
• Don’t touch the face covering, and, if you do, clean your hands.

Remove your cloth face covering carefully.

• Untie the strings behind your head or stretch the ear loops.
• Handle the covering only by the strings or earloops.
• Fold outside corners together.
• Place your reusable cloth face covering in your washing machine.
• Wash your hands with soap and water.

Cloth face coverings are not surgical masks or N95 respirators, both of which should be saved for health care workers and other medical first responders.

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