



Help us slow the spread of COVID-19.

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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