PROTECT YOUR HEALTH!

HOW TO SAFELY WEAR AND TAKE OFF A CLOTH FACE COVERING

WEAR YOUR FACE COVERING CORRECTLY

• Wash your hands before putting on your face covering
• Put it 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
• Do not place a mask on a child younger than 2

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 around your neck or up on your forehead
• Don’t touch the face covering, and, if you do, clean your hands

FOLLOW EVERYDAY HEALTH HABITS

• Stay at least 6 feet away from others
• Avoid contact with people who are sick
• Wash your hands often, with soap and water, for at least 20 seconds each time
• Use hand sanitizer if soap and water are not available

TAKE OFF YOUR CLOTH FACE COVERING CAREFULLY, WHEN YOU’RE HOME

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

Cloth face coverings are not surgical masks or N-95 respirators, both of which should be saved for health care workers and other medical first responders.

For more information, please visit https://www.cdc.gov/