Use of Cloth Face Masks to Help Slow the Spread of COVID-19

How to Wear a Cloth Face Covering

Cloth face coverings should —

- Fit snugly but comfortably against the face
- Cover your nose
- 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

CDC on Homemade Cloth Face Coverings

- Wear cloth face coverings in public areas where social distancing is difficult (ex. stores, pharmacies, etc)
- Masks primarily prevent the wearer from spreading the virus unknowingly, and may slightly decrease rates of transmission to the wearer.
- Homemade masks can be made from household items. The tighter the knit of the cloth used for the facemask, the better the mask will prevent the spread of COVID-19.
- Face coverings should NOT be placed on children under the age of 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- The CDC does not recommend using N-95 respirators. These are critical supplies reserved for healthcare workers and other medical first responders.

Caring for Cloth Face Masks:

- Routinely wash your mask depending on frequency of use. A washing machine should suffice for properly washing a face covering.
- Individuals should be careful not to touch their eyes, nose, and mouth when removing their face covering and wash hands immediately after removing.

For more information, and instructions on how to make a cloth face covering, please visit: https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html
Resource adapted from CDC guidelines.