

How to Safely Wear and Take Off a Cloth Face Mask

WEAR YOUR FACE MASK CORRECTLY

- Wash your hands before putting on your face mask
- 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 MASK TO HELP PROTECT OTHERS

- Wear cloth face masks in public settings and when around people who do not live in your household, especially when other social distancing measures are difficult to maintain
- Do not put the mask around your neck or up on your forehead
- Do not touch the mask, 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 MASK 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 mask in the washing machine
- Wash your hands with soap and water