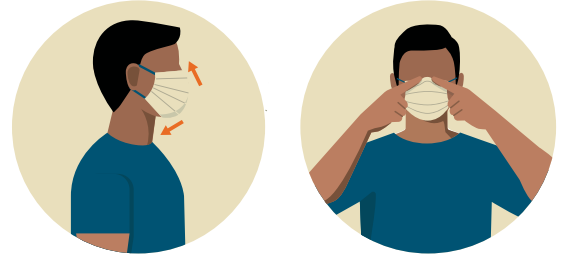


# HOW TO SAFELY WEAR AND TAKE OFF A CLOTH FACE COVERING

Accessible: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

## 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, AT 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 instructions on making a cloth face covering, see:

[CDC.GOV/CORONAVIRUS](https://www.cdc.gov/coronavirus)



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