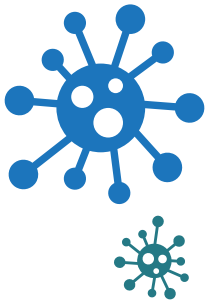




USE OF CLOTH FACE COVERINGS TO HELP SLOW THE SPREAD OF COVID-19

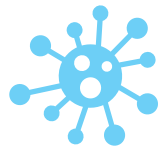


Homemade Cloth Face Coverings:

The CDC is now recommending homemade cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), **especially** in areas of significant community-based transmission.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders.

The cloth mask recommendation is designed to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Even when wearing a mask, CDC still recommends that you stay at least 6 feet away from other people (social distancing), frequent hand cleaning and other everyday preventive actions.



How to Wear Cloth Face Coverings:

Cloth face coverings should—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric and/or use a coffee filter as an inner layer
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape
- be routinely washed depending on the frequency of use
- be removed carefully without touching eyes, nose or mouth, and hands should be washing immediately after removing



Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cloth face covering without assistance.

To make your own face mask, [click here](#).

