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

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
✓ allow for breathing without restriction
✓ be able to be laundered and machine dried without damage or change to shape

*CDC recommends* wearing 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.

**Q & A**

**Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?**

Yes. They should be routinely washed depending on the frequency of use.

**How does one safely sterilize/clean a cloth face covering?**

Wash mask in washing machine in warm water and tumble drying on hot.

**How does one safely remove a used cloth 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.