



CLOTH MASK

INFECTION PREVENTION TIPS

USING YOUR CLOTH MASK

The CDC recommends anyone over the age of two, to wear a cloth mask in public areas where social distancing measures are difficult to maintain. Follow the guidelines below for proper fit and cleaning of your cloth mask.

FITTING YOUR MASK:

- Do not touch the inside of your mask when putting it on.
- Your mask should cover your nose & chin and fit snugly against your face.
- The mask should not restrict your breathing.

REMOVING YOUR MASK:

- Remove your mask and turn it inside out, so the outside is not exposed or touched.
- Be careful not to touch your eyes, nose or mouth when removing your cloth mask.
- Wash your hands thoroughly or sanitize them after touching or adjusting your cloth mask.

PROTECTIVE MEASURES

- Cloth masks have not been proven to protect you from COVID-19.
- Cloth masks can help reduce the likelihood of you infecting others through your respiration.
- Cloth masks lose their effectiveness if they are damp, even from regular breathing.
- Wash or sanitize your hands every time you touch, put on or take off your mask.
- Avoid touching your face or your mask after getting it in place.
- Wash your used cloth mask in hot soapy water daily, and allow to dry completely.
- Store your clean cloth mask in a paper bag to keep it from contamination.
- Throw the storage bag away after using it to hold a used mask.
- Do not store your clean cloth mask in a plastic bag.
- Do not seal your clean cloth mask in a plastic bag and microwave it.

