How to Wear a Cloth Face Covering

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

DO:

✓ Make sure you can breathe through it
✓ Wear it whenever going out in public
✓ Make sure it covers your nose and mouth
✓ Wash after using

DON’T:

✗ Use on children under age 2
✗ Use surgical masks or other personal protective equipment (PPE) intended for health care workers