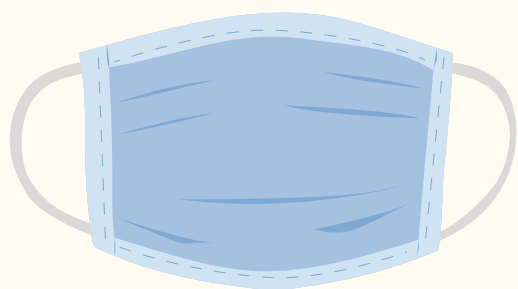


# A GUIDE TO CLOTH FACE COVERINGS

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



## THE BASICS

Cloth face coverings should include multiple layers of fabric. **They should allow for breathing without restriction.** Do not use them on young children under age 2, anyone who has trouble breathing, or is unconscious or incapacitated.



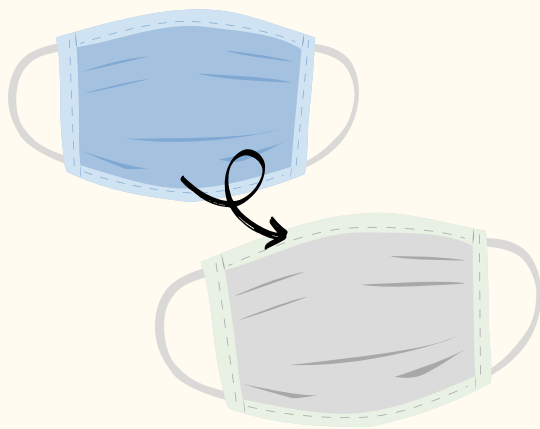
## BEFORE PUTTING ON A FACE COVERING

**Wash your hands with soap and water for at least 20 seconds.** If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.



## WHILE WEARING A FACE COVERING

Face coverings should be secured with ties or ear loops. **Cover your mouth and nose.** Make sure there are no gaps between your face and the face covering. **Avoid touching the face covering.** If you do, clean your hands with alcohol-based hand rub or soap and water.



## KEEPING A FACE COVERING CLEAN

**Face coverings should be washed or otherwise cleaned regularly depending on the frequency of use.** A washing machine should suffice in properly washing a face covering. Do not re-use single-use face coverings.



## DISPOSING OF A FACE COVERING

Remove the face covering from behind using the strings. **Do not touch the front of the face covering.** Discard the face covering immediately in a trash bin. Wash your hands with soap and water or use a hand sanitizer.