



CDC: How to Use Masks

Your cloth face covering should:

- ◆ Reach above the nose, below the chin, and completely cover the mouth and nostrils
- ◆ Fit snugly against the sides of the face
- ◆ Be made of multiple layers of fabric that you can still breathe through
- ◆ Be able to be laundered and machine dried without damaging the material or shape


Cloth Face Covering Do's & Don'ts:

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 healthcare workers

 [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Do not buy surgical masks to use as a face covering. Those are intended for healthcare workers and first responders. Many items you may already have in your home can be used to create face coverings.

Try creating a cloth face covering using bandanas, ski masks, washable napkins, or dish towels.

Learn more at <https://bit.ly/2Ravt42> external icon.