

# HOW TO WEAR AND CARE FOR YOUR CLOTH MASK



## How to wear cloth face coverings?

### 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.

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

Yes. They should be routinely washed depending on the frequency of use. We recommend for the cloth face covering to be washed after every day.

## How do I store my cloth mask?

Mask storage: Do not place in pocket for later use. Carefully fold the mask so the contaminated outside is folded inward and against itself. Place in clean or new paper bag, and perform hand hygiene.

## How does one safely clean a cloth face covering?

A washing machine or hand washing should suffice to properly wash a cloth face covering with regular laundry detergent. Mayo Clinic recommends a 'hot' water temperature for washing face coverings.

## 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 cloth face covering and perform hand hygiene immediately after removing.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/DIY-cloth-face-covering-instructions.pdf>