

## How and When to Wear a Fabric Face Mask



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

When should one wear a cloth face covering?

Individuals should wear a cloth face covering anytime social distancing is not possible. If a person is in a grocery store, doctor's office, hospital, pharmacies, shelters or other areas of significant community transmission

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 face covering and wash hands immediately after removing. Cup the front of the mask in one hand and use your free hand to remove the ear loops or ties. Wash hands immediately after removing face mask.