

# Cloth Face Masks to Help Slow the Spread of COVID-19

## Benefits of Wearing a Cloth Face Mask

The Centers for Disease Control and Prevention (CDC) has recommended using cloth masks because it:

- Slows the spread of COVID-19
- Prevents people who may have the virus and do not know from transmitting it to other
- It is a low-cost preventative measure because it can be made from household items
- Masks do not protect the wearer from getting the virus. Surgical and N-95 masks are in low supply and must be reserved by healthcare workers

## How to Wear a Cloth Mask



The cloth mask should:

- Fit snugly. Make sure there are no gaps between your face and the mask
- Should be secured in place with ties or ear loops
- Have layers of fabric
- Allow you to breath comfortably
- Be washable without changes to shape

## When should I use a cloth mask?

- Cloth face masks should be used in public places like grocery stores.
- Other public places where it is difficult to maintain physical distance.

## Do I still need to practice social distancing if I'm wearing a mask?



Yes, you should still keep 6 feet away from other people.

Masks are not a substitution for social distancing, only an additional preventative measure.

## How often should I wash and clean my cloth face mask?

- Cloth face masks should be cleaned as often as you use it.
- A washing machine is enough to properly clean your cloth face mask.

## How do I safely remove my cloth mask after using it?



Avoid touching your eyes, nose, and mouth when removing your mask and wash your hands immediately after.

## Who should not use a cloth mask?

- Children under the age of 2.
- Individuals who have breathing problems
- Individuals who are not able to remove it without assistance

### Sources:

WHO - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

CDC - <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

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