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:

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