

Cloth Face Masks 101

Why should we wear masks?



The CDC recommends that everyone wear face coverings when leaving home.
Wearing a face covering protects others around you.
Face coverings worn by others protect you from getting the virus.

Different Types of Masks

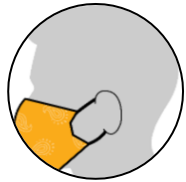
This is a cloth face mask.
It can be worn by all.



This is an N95 respirator.
It is worn by healthcare workers.



How to Use Cloth Face Masks



Make sure the nose and mouth are fully covered.
Make sure it fits against the side of the face so there are no gaps.
You should not have problems breathing with this mask.
Avoid touching your face.
Wash hands or use hand sanitizer before putting on or taking off the mask.
Cloth masks can be washed regularly and should not be shared.

How to Take Your Mask Off When You Get Home



Untie the strings or stretch the ear loops.
Handle only by the ear loops.
Fold outside corners together.
Place mask in washing machine.
Make sure to wash your hands with soap and water or use hand sanitizer.

Continue to Stay Protected



Stay home.



Practice social distancing.



Wash hands

Resources on Cloth Face Coverings

- Instructions on how to make a cloth face mask can be found on <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

Sources:

CDC- <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

Updated May 18, 2020