

Use of Cloth Face Coverings to Help Slow the Spread of COVID-19

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



*[CDC recommends](#) wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), **especially** in areas of significant community-based transmission.

Q & A

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

Yes. They should be routinely washed depending on the frequency of use.

How does one safely sterilize/clean a cloth face covering?

Wash mask in washing machine in warm water and tumble drying on hot.

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.

[Sew and No Sew Instructions for Cloth Face Coverings](#)

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

[Surgeon General: How to Make Your Own Face Covering](#)

<https://www.youtube.com/watch?v=tPx1yqvJgf4>