Cloth Face Coverings/Masks
Protect Others and Slow the Spread of COVID-19

Revised 08/09/21

WHY

Should You Wear A Mask?

- You might have the virus without knowing it.
- You can spread the virus even if you don't have symptoms.
- The virus can be carried in nose and mouth droplets spread by coughing, sneezing, and talking.
- Your mask protects other people from your nose and mouth droplets.
- Masks worn by other people protect you from their nose and mouth droplets.

Mask hygiene tips:

- Wash your hands, or use hand sanitizer, before putting on your mask.
- Touch only the ear loops or straps to remove your mask.
- Wash your hands, or use hand sanitizer, after removing your mask.
- Do not touch your face while putting on, removing, or wearing your mask.
- Wash or launder your mask with hot water and detergent at the end of the day.

HOW

Do You Wear A Mask?

- Make sure the mask fully covers your nostrils and mouth, from nose bridge to under the chin.
- The mask should fit snugly, but not uncomfortably tight.
- The mask should allow breathing without restriction.

Tie over top of head and around neck

Mask with ties or straps

Mask with ear loops

DO

- 👍 Continue practicing hand hygiene – wash your hands and use hand sanitizer frequently.
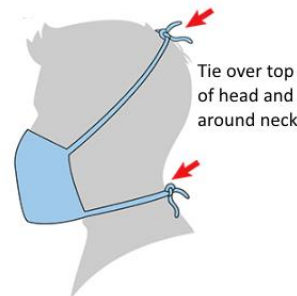- 👍 Encourage your co-workers to wear masks – they work best when everyone wears them.

DON'T

Masks should not be worn by: children under age 2, people with breathing problems, and anyone who cannot remove the mask without help.
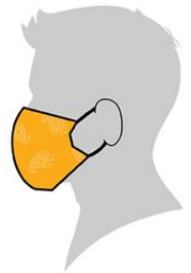
- ☹ Use chemical disinfectants on your mask – chemical residue can harm your skin, nose, mouth, and lungs.
- ☹ Place your mask on high-touch surfaces, like tables or chairs, before putting it on or after taking it off – this can spread the virus.

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