

Cloth Face Coverings/Masks

Protect Others and Slow the Spread of COVID-19

Revised 06/25/20

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.

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.

DO

- 👍 Continue practicing social distancing – stay at least 6 feet away from other people.
- 👍 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.

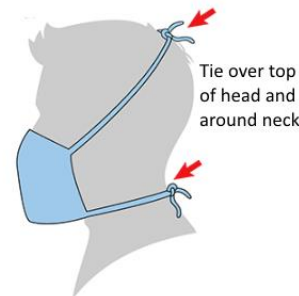
DON'T

Masks should not be worn by: children under age 2, people with breathing problems, and anyone who cannot remove the mask without help.

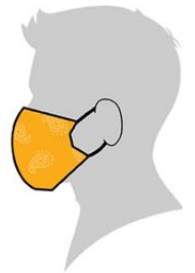
- ☹️ Use chemical disinfectants on your mask – chemical residue can harm your skin, nose, mouth, and lungs.
- ☹️ Place your mask on high-touch surfaces, like tables or chairs, before putting it on or after taking it off – this can spread the virus.

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.



Mask with ties or straps



Mask with ear loops