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


Surgeon General: How to Make Your Own Face Covering

https://www.youtube.com/watch?v=tPxlmyqVJgf4