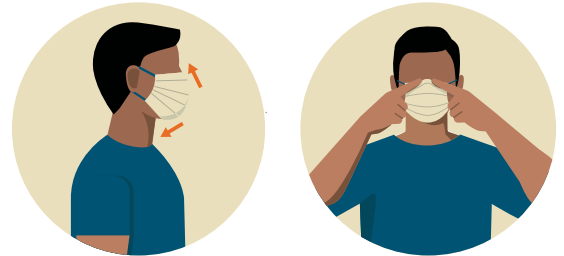


HOW TO SAFELY WEAR AND TAKE OFF A CLOTH FACE COVERING

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

WEAR YOUR FACE COVERING CORRECTLY

- ✓ **Wash your hands** before putting on your face covering
- ✓ **Put it over** your nose and mouth and **secure it under** your chin
- ✓ Try to **fit it snugly** against the sides of your face
- ✓ **Make sure** you can breathe easily
- ✓ **Do not** place a mask on a child younger than 2



USE THE FACE COVERING TO HELP PROTECT OTHERS

- ✓ **Wear a face covering** to help protect others in case you're infected but don't have symptoms
- ✓ Keep the covering on your face the **entire time** you're in public
- ✓ **Don't** put the covering around your neck or up on your forehead
- ✓ **Don't** touch the face covering, and, if you do, clean your hands

FOLLOW EVERYDAY HEALTH HABITS

- ✓ Stay at least **6 feet** away from others
- ✓ **Avoid contact** with people who are sick
- ✓ **Wash your hands** often, with soap and water, for at least 20 seconds each time
- ✓ **Use hand sanitizer** if soap and water are not available



TAKE OFF YOUR CLOTH FACE COVERING CAREFULLY, AT HOME

- ✓ **Untie** the strings behind your head or stretch the ear loops
- ✓ **Handle** only by the ear loops or ties
- ✓ **Fold** outside corners together
- ✓ **Place** covering in the washing machine
- ✓ **Wash** your hands with soap and water

Cloth face coverings are not surgical masks or N-95 respirators, both of which should be saved for health care workers and other medical first responders.

For instructions on making a cloth face covering, see:

CDC.GOV/CORONAVIRUS