# HOW TO USE A CLOTH FACE COVERING

> **!** The Centers for Disease Control and Prevention recommends that everyone wear cloth face coverings when leaving their homes, whether or not they have fever or symptoms of COVID-19. People with COVID-19 can spread the disease, even when they don't have any symptoms. Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

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
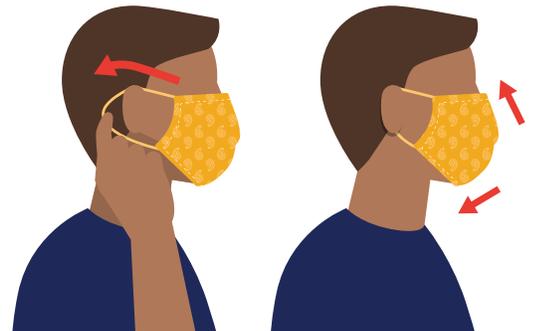
Use the Face Covering to Help Protect Others

- Wear a face covering to help protect others in case you're infected but don't have symptoms
- Use the covering over your mouth and nose 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

Take Off Your Cloth Face Covering Carefully, When You're 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 and wash with hot water
- Wash your hands with soap and water

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