



In light of data about how COVID-19 spreads, along with evidence of widespread COVID-19 illness in communities across the country, CDC recommends that people wear a cloth face covering to cover their nose and mouth in the community setting. This is to protect people around you if you are infected but do not have symptoms.

### **WHEN TO WEAR FACE COVERING**

A cloth face covering should be worn whenever people are in a community setting, especially in situations where you may be near people. These settings include grocery stores and pharmacies. **These face coverings are not a substitute for social distancing.**

### **SOCIAL DISTANCING**

Wearing cloth face coverings is an additional public health measure people should take to reduce the spread of COVID-19. CDC still recommends that you stay at least 6 feet away from other people (social distancing), frequent hand cleaning and other everyday preventive actions. A cloth face covering is not intended to protect the wearer, but it may prevent the spread of virus from the wearer to others. This would be especially important if someone is infected but does not have symptoms.

### **EXCEPTIONS**

Cloth face coverings should **not** be placed on young children younger than 2 years of age, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cover without assistance.

### **PROPER MASK USAGE**

- 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
- 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

### **TAKING OFF THE MASK**

- 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