

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.

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. View CDC's guidance on [how to protect yourself](#).

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-faq.html>

Surgeon General's DIY face mask video: <https://www.youtube.com/watch?v=tPx1yqvJgf4>

In order to be most effective, people should follow some simple rules for using face masks ([https://healthcare.utah.edu/healthfeed/postings/2020/04/how-to-use-face-mask\\_web.pdf](https://healthcare.utah.edu/healthfeed/postings/2020/04/how-to-use-face-mask_web.pdf)):

Putting on a mask;

- Ensure you are using a clean mask.
- Wash hands with soap and water or alcoholbased hand sanitizer before touching mask.
- Pick up mask by touching ear loops (or ties) only.
- Avoid touching mask itself.
- Hold both ear loops and place a loop around each ear.
- Fit mask around mouth, nose, and chin.

Wearing a mask:

- Mask should be either completely on or off; do not wear or rest under chin.
- Never wear mask inside-out.
- Remove mask if soiled or damp; do not reuse a singleuse mask.
- Do not touch mask, face, or adjust mask while it is on. • If you touch mask, wash hands with soap and water or hand sanitizer right away.
- Always follow social distancing and good hygiene practices.

Removing a mask:

Individuals should be careful not to touch their eyes, nose, and mouth when removing their face covering and wash hands immediately after removing.

- Grab ear loops only and lift the mask off ears.
- Pull bottom of mask off and away from mouth and chin.
- Discard in appropriate receptacle (can be closed or sealed shut).
- Clean hands with soap and water or alcohol-based hand sanitizer.

Cleaning re-usable face masks:

1. To wash, launder the mask often in your washing machine in HOT water (160°F) using soap or detergent that leaves no residue.

2. Rinse well with fresh water and hang to air-dry.

You may choose to disinfect masks by soaking for five minutes in a solution of two tablespoons of bleach per quart (liter) of water or 1/3 cup (80 ml) of bleach per gallon (3.84 liter) of water. Rinse well with fresh water and hang to air-dry.