

Wear It Right!

Because people can have coronavirus and not have symptoms, wearing cloth face masks could stop coronavirus from spreading. BUT, you have to wear your mask right for it to work.

CDC suggests **wearing a cloth mask over your nose and mouth** when you go out in public if you are in a place where it is hard to stay 6 feet from other people, like the grocery store.

Follow these guidelines:

To use a cloth face mask:



Wash your hands **before** you put the mask on and **right after** you take your mask off.



Do not touch your face while you wear the mask.



Put the mask in the dirty laundry as soon as you take it off.



Your mask must be washed daily. If you take it off during the day, place it on a paper towel, with the side that touches your face up, until you wear it again.



Other tips:



Wash your cloth face mask in hot water between each daily use. You can use your washing machine.



Cloth face masks should not be worn by children under 2 years old.



Do not use surgical masks or N95 respirators. Our healthcare workers need these to stay safe and to keep us safe.

Your mask should:

- ✓ Fit snugly but comfortably.
- ✓ Stay in place over your nose and mouth with ties or loops.
- ✓ Have more than one layer of cloth.
- ✓ Allow you to breathe.
- ✓ Be able to be washed and machine dried without damage or change to shape.

For more information on cloth face masks, and for how to make your own, go to:

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

Learn more and find your local health department at www.nalhd.org

