







## How to Select, Wear, and Clean Your Mask

The Centers for Disease Control and Prevention (CDC) recommends that you wear masks in public settings around people who don't live in your household and when you can't stay 6 feet away from others. Masks help stop the spread of COVID-19 to others.

- Wear masks with two or more layers to stop the spread of COVID-19
- Wear the mask over your nose and mouth and secure it under your chin
- Masks should be worn by people two years and older
- Masks should NOT be worn by children younger than two, people who have trouble breathing, or people who cannot remove the mask without assistance
- Do NOT wear masks intended for healthcare workers, for example, N95 respirators

## How to Select

When selecting a mask, there are many choices. Here are some do's and don'ts.

DO choose masks that	DO NOT choose masks that
 <p>Have two or more layers of washable, breathable fabric</p>	 <p>Are made of fabric that makes it hard to breathe, for example, vinyl</p>
 <p>Completely cover your nose and mouth</p>	 <p>Have exhalation valves or vents, which allow virus particles to escape</p>
 <p>Fit snugly against the sides of your face and don't have gaps</p>	 <p>Are intended for healthcare workers, including N95 respirators or surgical masks</p>

## Special Situations: Children



If you are able, find a mask that is made for children



If you can't find a mask made for children, check to be sure the mask fits snugly over the nose and mouth and under the chin



Do NOT put on children younger than 2 years old

## Caution: Gaiters & Face Shields



Evaluation is on-going but effectiveness is unknown at this time



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## Special Situations: Glasses



If you wear glasses, find a mask that fits closely over your nose or one that has a nose wire to limit fogging

## How to Wear

Wear a mask correctly and consistently for the best protection.

- Be sure to wash your hands before putting on a mask
- Do NOT touch the mask when wearing it



## Do wear a mask that:

- Covers your nose and mouth and secure it under your chin
- Fits snugly against the sides of your face

For more information, visit the CDC's [How to Wear Masks](#) web page.

## Do NOT wear a mask that:



## How to take off a mask





## How to Clean

Masks should be washed regularly. Always remove masks correctly and wash your hands after handling or touching a used mask.

- Include your mask with your regular laundry
- Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the mask
- Use the highest heat setting and leave in the dryer until completely dry

For more information, visit CDC's [How to Wash Masks](#) web page.

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For more information, see CDC's [Masks](#) web site.

For information on the sources for our mask guidance, see [Recent Studies](#).

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