How to wear your Cloth Face Covering

This mask is designed to be worn around the ears

According to the Department of Health & Human Services

This mask is from the Project: America Strong, Public Health Emergency

- Anyone could be a carrier of COVID-19 and not know it.
- You play a role in protecting the community against COVID-19.
- This face covering will help reduce the likelihood of you spreading the virus to others.
- This face covering does not replace the N-95 used in healthcare settings and should not be used when caring for those with COVID-19.
- This face covering is one way to combat the virus. Social distancing, handwashing and other CDC recommendations should also be followed.
- Fabric touching skin: 100% cotton. Face covering contains silver and copper.
- If skin irritation occurs, immediately stop using the face covering. If irritation persists, consult your primary care provider.
- Be mindful when wearing this product if you have lung disease, like emphysema, or chronic heart disease. Stop using this product if you notice difficulty breathing while wearing it.

Putting It On

It's important not to contaminate your face mask while you are putting it on. Follow these three steps to stay safe:

Step 1. Before you put it on, clean your hands with soap and water or an alcohol-based hand rub.

Step 2. Cover your mouth and nose with the face mask. Make sure there are no gaps between your face and the cloth face mask. It should fit snugly, but comfortably on your face. You should be able to breathe without restriction.

Step 3. Avoid touching the covering while you are wearing it. If you do need to adjust it, clean your hands with alcohol-based hand rub or soap and water before and after touching the face mask.

Taking It Off

You are doing your part to protect your community and co-workers by wearing your face mask! Now, let's make sure you protect yourself while taking it off. Follow these three steps:

Step 1. Before you take it off, wash your hands with soap and water or an alcohol-based hand rub for at least 30 seconds.

Step 2. Start from the back and pull your face mask forward. Do not touch the front of your face mask. Do not touch your eyes, nose, and mouth when removing your cloth face mask. Once you have taken it off, put it in the laundry hamper or straight into the washing machine.

Step 3. Clean your hands with soap and water or an alcohol-based hand rub – again!

Caring for It

Please wash your face mask after every use. Here's how to keep it clean!

Step 1. Wash it using normal laundry products. Do not add chemicals or disinfectants when you wash the face mask.

Step 2. Tumble dry on high heat. Thoroughly drying the face mask on high heat is very important. The face mask you received contains materials that help prevent the growth of viruses and germs.

Step 3. Keep track of how many times you wash your face mask. Throw it into your regular trash bin after your face mask has been washed 15 times. Then, get or make a new face mask.