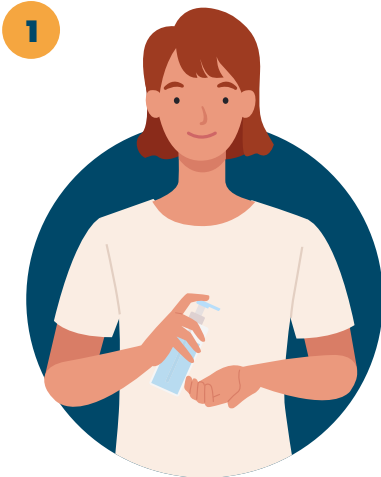


# How to wear a face covering

Reusable masks or cloth face coverings are an additional step to help slow the spread of COVID-19. Children under age 2, or anyone who has trouble breathing, is unconscious, incapacitated or otherwise unable to remove the mask without assistance, should not use a face covering.



1 Wash your hands with soap and water for at least 20 seconds or disinfect them.



2 Make sure that the mask is right side out with the part intended for your nose on the top.



3 Secure strings or elastic around your ears or behind your head so that mask fits your face without any gaps.



4 Ensure that the mask covers your nose and chin.



5 Bend nose fitting the shape of your nose (if your mask has one). Make sure you can breath easily.



6 Don't touch the mask while you are wearing it. If you do, wash your hands with soap and water or disinfect them.

# How to remove a face covering



1 Wash your hands with soap and water for at least 20 seconds or disinfect them.



2 Untie the strings behind your head or stretch the ear loops.



3 Handle only by the ear loops or ties.



4 Fold outside corners together. Throw away one use coverings or place cloth covering in the washing machine. Wash your hands with soap and water for at least 20 seconds or disinfect them.

## How to clean a face covering

### Washing machine

- You can include your face covering with your regular laundry.
- Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the face covering.

### Washing by hand

- Prepare a bleach solution by mixing 5 tablespoons (1/3rd cup) household bleach per gallon of room temperature water or 4 teaspoons household bleach per quart of room temperature water
- Check the label to see if your bleach is intended for disinfection. Some bleach products, such as those designed for safe use on colored clothing, may not be suitable for disinfection. Ensure the bleach product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser.
- Soak the face covering in the bleach solution for 5 minutes.
- Rinse thoroughly with cool or room temperature water.