

Tips on How to Wear Cloth Face Coverings

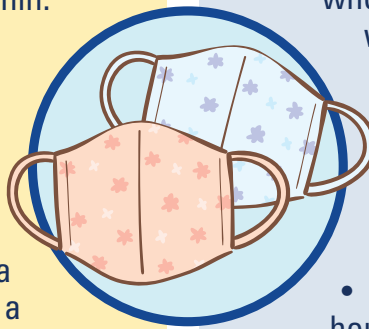


To help slow the spread of COVID-19, the CDC recommends wearing cloth face coverings when you need to leave home and might be closer than six feet from others.

Cloth face coverings – including scarves or bandanas – cover your mouth and nose. They can be purchased or made from common household items. They are different from surgical or N95 masks that are reserved for health care workers.

Here are some tips for wearing cloth face coverings:

- Choose a mask that does not have a valve or other openings in it.
- Make sure it covers your face from the bridge of your nose down to your chin.
- Try to fit it snugly against the sides of your face, making sure there are no gaps.
- Make sure you can breathe easily through it.
- Wash it regularly using water and a mild detergent; dry it completely in a hot dryer; store it in a clean container or bag.
- Don't allow it to slip under your nose and don't wear it on your forehead or around your neck.
- Don't put it on a child younger than 2, anyone who has trouble breathing, or anyone who is unconscious, incapacitated or otherwise unable to remove it without assistance.
- Don't touch the inside of it, as it may be contaminated from your breathing, coughing or sneezing.
- Don't share it with others in your household without washing and drying it first.



While wearing cloth face coverings is an additional step you can take to slow the spread of the virus, you should continue following these measures:



Frequently clean your hands for at least 20 seconds using hand sanitizer or warm water and soap



Cover your coughs and sneezes with a tissue



Do not touch your face, nose, eyes or mouth



Avoid close contact with other people

www.uofmhealth.org/coronavirus