

PROPER USE OF FACE COVERINGS

**Face coverings can be made out of cloth, factory-made or hand-sewn, or improvised using bandannas, scarves, T-shirts, sweatshirts or towels.
The material should cover both the nose and mouth.**

HOW TO USE A FACE COVERING

- 1. Before putting on a face covering, clean hands with alcohol-based hand rub or soap and water.**
- 2. Cover mouth and nose with the face covering and make sure there are no gaps between your face and the mask.**
- 3. Avoid touching your cloth face covering while using it; if you do, clean your hands with alcohol-based hand rub or soap and water.**
- 4. Wash your cloth face covering frequently, ideally after each use, or at least daily.**
- 5. Have a bag or bin to keep used cloth face coverings in until they can be laundered with detergent and hot water and (preferably) dried on a hot cycle.**
- 6. Discard face coverings that no longer cover nose and mouth; have stretched out or damaged ties or straps; cannot stay on the face; or have holes or tears in the fabric.**

**ALWAYS CONTINUE TO PRACTICE SOCIAL DISTANCING, HANDWASHING
AND GOOD HYGIENE**