How to Wear

Wear a mask **correctly** and **consistently** to help keep from getting or spreading the virus.

- 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 our How to Wear Masks web page.

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 our How to Wash Masks web page.

Overview
DO

- Wear masks to help protect yourself from getting or spreading COVID-19
- 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

DO NOT

- Put masks on someone two years and younger
- Put masks on people who have trouble breathing, or people who cannot remove the mask without assistance
- Wear masks intended for healthcare workers, for example, N95 respirators