## DO choose masks that

- Have **two or more layers** of washable, breathable fabric.
- **Completely cover** your nose and mouth.
- **Fit snugly** against the sides of your face and don’t have gaps.

## DO NOT choose masks that

- Are made of fabric that makes it hard to breath, for example, **vinyl**.
- Have **exhalation valves or vents**, which allow virus particles to escape.
- Are intended for healthcare workers, including **N95 respirators or surgical masks**.

## Caution: Gaiters & Face Shields

- Evaluation is on-going but effectiveness is unknown at this time.

## Special Situations: Children

- If you are able, find a mask that is made for children.
- If you can’t find a mask made for children, check to be sure the mask fits snugly over the nose and mouth and under the chin.

## Special Situations: Glasses

- If you wear glasses, find a mask that fits closely over your nose or one that has a **nose wire** to limit fogging.
Wearing Your Mask Correctly

- Wash your hands before putting on your face covering.
- Put covering over your nose and mouth and secure it under your chin.
- Try to fit covering snugly against the sides of your face.
- Make sure you can breathe easily.

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.
- Try to fit covering snugly against the sides of your face.
- Use the highest heat setting and leave in the dryer until completely dry.

How to Remove Mask

- Remove strings behind your head or ears.
- Handle only by the ear loops or ties.
- Fold outside corners together.
- Place covering in the washing machine.
- Do not touch eyes, nose and mouth when removing and wash hands immediately after removed.