

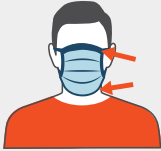


Commitment to Safety and Success

DO choose masks that



Have **two or more layers** of washable, breathable fabric.



Completely cover your nose and mouth.

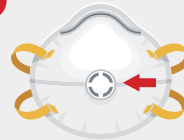


Fit snugly against the sides of your face and don't have gaps.

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.

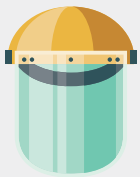


Are intended for healthcare workers, including **N95 respirators or surgical masks**.

Caution: Gaiters & Face Shields



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



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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.

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.



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 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.



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.

Content source: National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases
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