

COVID-19 Cloth Face Coverings Guidance

Wear Cloth Face Coverings to:

- Protect health in any public settings. (e.g., work place, grocery stores and pharmacies).
- Slow the spread of COVID-19 by keeping people who don't know they are infected from spreading it to others.

Cloth Face Coverings Should:

- Fit snugly but comfortably against the side of the face.
- Be secured with rubber bands, ties or ear loops.
- Include multiple layers of fabric.
- Allow for breathing without restriction.
- Be able to be laundered and machine dried without damage or change to shape.



Health and Safety Considerations:

- Wash your hands before and after putting on your cloth face covering and avoid touching your face and adjusting your mask with unwashed hands.
- Routinely wash your cloth face covering.
- Do not use on children under age 2, anyone who has trouble breathing or anyone who is unable to remove the cloth face covering without assistance.
- Do not use surgical masks or N-95 respirators – those should be reserved for healthcare workers and first responders.
- Still practice social distancing of six feet while wearing a cloth face covering.

How to Make a Cloth Face Covering:

- Cloth face coverings can be made from common household items such as a bandana, an old T-shirt or fabric.
- For more information on face coverings and instructions on how to make them, visit the Centers for Disease Control and Prevention website: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

Protect Yourself and Others

- Stay home as much as possible.
- Wash your hands with soap and water often.
- Wear a mask and social distance in public.
- Avoid touching your eyes, nose and mouth.

How to Clean Cloth Face Coverings:

Washing Machine

- You can include your face covering with your regular laundry.
- Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the face covering.

Washing by Hand

- Prepare a bleach solution by mixing:
 - 5 tablespoons (1/3 cup) household bleach per gallon of room temperature water, or
 - 4 teaspoons household bleach per quart of room temperature water.
- Check the label to see if your bleach is intended for disinfection. Some bleach products, such as those designed for safe use on colored clothing, may not be suitable for disinfection. Ensure the bleach product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser.
- Soak the face covering in the bleach solution for 5 minutes.

- Rinse thoroughly with cool or room temperature water.

How to Dry Cloth Face Coverings:

- **Dryer:** Use the highest heat setting and leave in the dryer until completely dry.
- **Air Dry:** Lay flat and allow to completely dry. If possible, place the cloth face covering in direct sunlight.

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