

FACE MASK DO'S & DON'TS

How to Wear

Cloth face coverings should:

- Fit snugly but comfortably against the side of the face
- Be secured with 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

Do's & Don'ts

DO

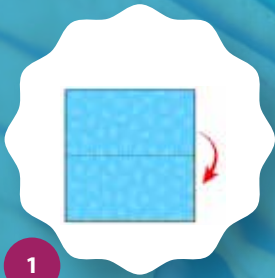
- ✓ Make sure you can breathe through it
- ✓ Wear it whenever going out in public
- ✓ Make sure it covers your nose and mouth
- ✓ Wash after using
- ✓ Discard old masks in a trash bag or dumpster

DON'T

- ✗ Use if under 2 years of age
- ✗ Use surgical masks or other PPE intended for healthcare workers
- ✗ Use if you have a medical condition that doesn't allow you to wear one
- ✗ Discard old masks into recycling bin
- ✗ Discard masks on ground

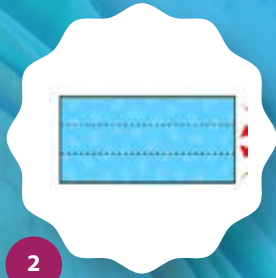


DIY No-Sew Mask



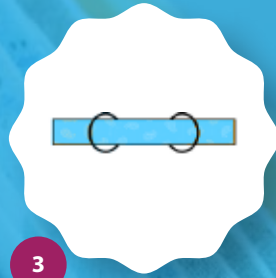
1

Fold bandanna or similar fabric in half.



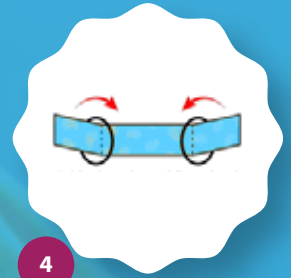
2

Fold top down. Fold bottom up.



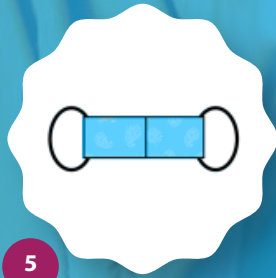
3

Place rubber bands or hair ties about 6 inches apart.



4

Fold side to the middle and tuck.



5



6

Materials Needed: 1 bandanna & 2 hair ties (or rubber bands)

FAQ

Should cloth face coverings be washed/cleaned regularly? How regularly?

Yes. They should be regularly washed depending on how often it is used.

How do you safely clean a cloth face covering?

A washing machine properly cleans a cloth face covering. You can also wash by hand, machine dry or air dry.

How does one safely remove a used cloth face covering?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their cloth face covering and wash hands immediately after removing.

How do you properly dispose of PPE/masks?

Please discard into a plastic trash bag that is securely tied shut and safely dispose of in a TRASH curb cart or dumpster. DO NOT recycle and DO NOT litter.