# How to Use a Face Mask or Cloth Covering
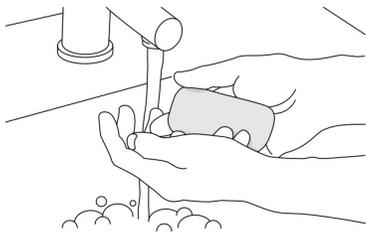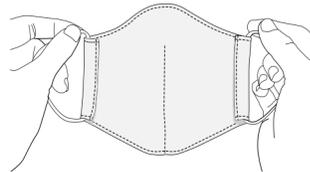
## General Guidelines

**Always use a new or properly disinfected mask or cloth face covering.** Always combine with proper handwashing and physical distancing hygiene practices. See detailed instructions below.

## Putting it on



1. Ensure you are using a clean mask or face covering.
2. Wash hands with soap and water or alcohol-based hand sanitizer before touching it.

3. Pick it up by touching ear loops (or ties) only.
4. Avoid touching the face covering itself.

5. Hold both ear loops and place a loop around each ear.
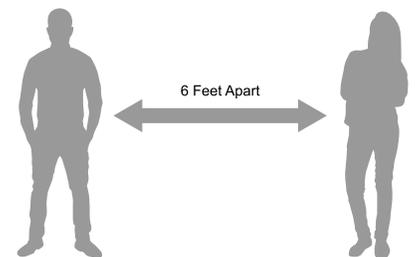6. Fit it around your mouth, nose, and chin.

## While wearing



- It should be either completely on or off; do not wear or rest under chin.
- Never wear it inside-out.
- Remove it if soiled or damp; do not reuse a single-use mask.

- Do not touch it, your face, or adjust it while it is on.
- If you touch it wash hands with soap and water or hand sanitizer right away.

6 Feet Apart

- Always follow physical distancing and good hygiene practices.

## Removing it



1. Clean your hands properly.

2. Grab ear loops only and lift the it off your ears.



3. Pull bottom off and away from mouth and chin.

4. If you plan to reuse it right away, place in a clean paper bag so it will not contaminate other surfaces. Otherwise, place it directly into your washing machine and follow instructions below.

5. If it is a single-use mask, discard it directly into the garbage.

6. Clean hands with soap and water or alcohol-based hand sanitizer.

## Home cleaning instructions for reusable cloth face coverings

1. Launder the mask after use in your washing machine in HOT water using soap or detergent that leaves no residue.

2. Dry on HOT in your dryer.