

# **CDC issues new guidance on use of cloth face coverings to help slow the spread of COVID-19**

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In light of new evidence, the CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies). Some of you may be wondering how to be sure a mask is well-fitting and how these face coverings/masks can be maintained and even made. We have some tips and information for you below.

## **How to Wear a Cloth Face Covering**

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

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

## **Some common questions**

- Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?
  - Yes. They should be routinely washed depending on the frequency of use.
- How does one safely sterilize/clean a cloth face covering?
  - A washing machine should suffice in properly washing a face covering.
- 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 face covering and wash hands immediately after removing.

**Want to know how to make your own cloth face covering/mask?** [Visit this page on the CDC Website](#) , and scroll down for a tutorial, including images.

It is very important to take personal responsibility for your health and well-being. In addition to this new guidance above, the CDC recommends a number of steps you can take to help prevent the spread of respiratory diseases.

You can find this information at: <https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html>

Please check the CDC website (<https://www.cdc.gov/coronavirus/2019-ncov/summary.html>) for updates as events progress.

*Source: Traci Baker, Director of Community Activities and Communications*