

# Mask Guidance

More information is available at [CDC.com](https://www.cdc.gov) > About Face Coverings



## 1. HOW TO CHOOSE YOUR MASK:

- Wear masks with two or more layers to stop the spread of COVID-19.
- Wear the mask over your nose and mouth and secure it under your chin.
- Masks should be worn by people two years and older.
- Masks should NOT be worn by children younger than two, people who have trouble breathing, or people who cannot remove the mask without assistance.
- Do NOT wear masks intended for healthcare workers, for example, N95 respirators.



### 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.

**CAUTION: Gaiters & Face Shields** do not meet the requirements for Face Coverings based on recent recommendations from the CDC.

### 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.
- Do NOT put on children younger than age two.



### DO NOT choose masks that

- Are made of fabric that makes it hard to breathe, 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.

#### Glasses

- If you wear glasses, find a mask that fits closely over your nose or one that has a nose wire to limit fogging.

## 2. HOW TO WEAR YOUR MASK:

### Wear your Mask Correctly

- Wash your hands before putting on your mask.
- Put it over your nose and mouth and secure it under your chin.
- Try to fit it snugly against the sides of your face.
- Make sure you can breathe easily.
- CDC does not recommend use of masks or cloth masks for source control if they have an exhalation valve or vent.



#### DO Wear a Mask that:

- Covers your nose and mouth and fits securely under your chin.
- Fits snugly against the sides of your face.



Visit [CDC.com](https://www.cdc.gov) About Face Coverings for more information.



#### Do NOT Wear a Mask:

- Around your nose
- On your forehead
- Under your nose
- Only on your nose
- On your chin
- Dangling from one ear
- On your arm
- Around your neck



## Take Off Your Mask Carefully, When You're Home

- Untie the strings behind your head or stretch the ear loops.
- Handle only by the ear loops or ties.
- Fold outside corners together.
- Place mask in the washing machine (learn more about how to wash masks on CDC's website).
- Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing.

## 3. HOW TO WASH AND DRY YOUR MASK:



### Washing Machine

- You can 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.



### Washing by Hand

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.

- Use bleach containing 5.25%–8.25% sodium hypochlorite. Do not use a bleach product if the percentage is not in this range or is not specified.
- Ensure the bleach product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser.
- Ensure adequate ventilation.

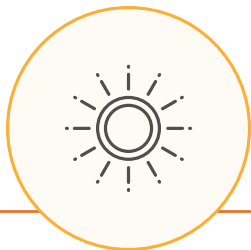


### Prepare a bleach solution by mixing:

- Mix five tablespoons (1/3 cup) of 5.25%–8.25% bleach per quart of room temperature water.
- Soak the mask in the bleach solution for five minutes.
- Discard the bleach solution down the drain and rinse the mask thoroughly with cool or room temperature water.
- Make sure to completely dry the mask after washing.

### 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 mask in direct sunlight.