

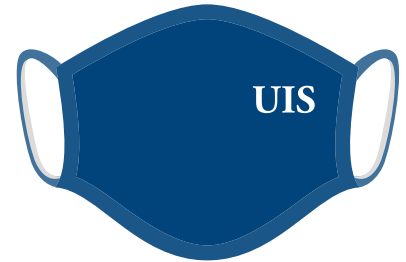
CDC Recommendations for Wearing & Caring for Cloth Face Coverings

WEARING YOUR FACE COVERING

- Wash your hands before putting on your face covering.
- Handle only by the ear loops.
- Place the face covering over your mouth and nose and secure it under your chin; try to fit it snugly against the sides of your face.
- Make sure you can breathe easily.
- Don't touch the face covering, and, if you do, wash your hands.
- Use anytime you cannot maintain a six-foot physical distance from others.

CARING FOR YOUR FACE COVERING

- Wash your cloth face covering after each use. It is OK to include it with your regular laundry.
- Use regular laundry detergent and the warmest appropriate water for cotton material.
- Allow it to dry completely. If using the dryer, use the highest heat setting appropriate for the material, or lay flat and air dry.
- Discard a face covering that has holes or tears in the fabric.



More information:
[CDC.gov/coronavirus](https://www.cdc.gov/coronavirus)

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