

# How to Safely Use a Mask



## Why wear a mask?

Wearing a mask can help slow the spread of COVID-19. A cloth mask will help slow the spread of disease from people without symptoms and protect the people around them.



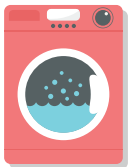
## What mask should I use?

The general public should wear a cloth face mask. Medical masks should be reserved for healthcare workers. No sew options include folding a scarf to tie around your face or folding a bandana and hair ties to wrap around your ears.



## How should the mask fit?

The mask should fit snugly and comfortably against each side of your face, be secured by ties or ear loops, have multiple layer of fabric, allow for breathing without restriction, is able to be laundered.



## How should I clean the mask?

A washing machine can be used to wash your mask. To wash by hand, you will lather your mask with soap and scrub the mask for at least 20 seconds in the warmest water you can tolerate. Wash and dry your mask after each use.

### Tip

### When not to use a mask:

Children under the age of 2

Anyone with trouble breathing

Anyone unconscious or otherwise unable to remove the mask without assistance

**COVID-19  
Call Center  
1-844-568-0701**

If you need emergency medical attention, call 911 and tell them you are having COVID-19-like symptoms.

