



Recommendations Regarding the Use of Cloth Face Coverings

- Wear a cloth face covering in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies).
- Make sure the face covering covers both the nose and mouth.
- Do not remove the face covering until you return home.
- When removing the face covering, avoid touching the front of the face covering. Remove it by grasping the ear loops, ties, or bands and immediately discard or place in a designated container for laundering.
- Wash your hands immediately after removing the face covering and before touching anything else.
- Wash face coverings in hot, soapy water between uses.
- **Do not wear N-95 or surgical masks; these are needed by health care workers and first responders.**
- Do not rely on face coverings as the primary way to prevent COVID-19 transmission, and be careful to avoid developing a false sense of security through the use of face coverings. Continue to follow social distancing measures, including maintaining at least six feet between yourself and others, staying at home, avoiding touching your face, and washing your hands frequently.

Cloth face coverings can be fashioned from household items or made at home from common materials at low cost.

There are a number of instructional websites and videos that people can refer to for making face coverings; two such videos are available at <https://youtu.be/VgHrnS6n4iA> and <https://youtu.be/1r2C1zGUHbU>

