

Cloth Face Coverings: Do's and Don'ts

Do:

- ✓ Make sure you can breathe through it and that it fits snug and comfortably
- ✓ Wear it whenever going out in public
- ✓ Make sure it covers your nose and mouth
- ✓ Make it out of a tighter weave of fabric. Hold it up to the light to make sure it's not too porous. The more transparent the mask, the less effective.
- ✓ Wash and dry after using



Don't:

- ✗ Use if under 2 years old
- ✗ Use surgical masks, N95's, or other PPE intended for healthcare workers
- ✗ Go more than a day or two without washing
- ✗ Use masks with sequins- they can be porous and itchy, making us more likely to touch our face

