

Cloth Masks

Wearing a cloth face mask can be helpful in stopping the spread of COVID-19. Whether you have homemade ones or bought some, daily washing can help the masks keep you safer.

Additionally, cloth masks are most beneficial for lessening mouth-hand contact or to help cover a medical mask or N-95 in order to extend the life of disposable masks.



Cloth Masks Best Practices

- Cloth masks only help if they are carefully put on (donned) and taken off (doffed.)
- Wash your hands for at least 20 seconds with soap and water or use hand sanitizer, every time you touch the mask. This will really help you avoid cross-contamination.
- When you're ready to remove a cloth mask, grab one of the ear or head loops.
- Try to avoid touching the front of the mask. Put it in your laundry to be washed – and then wash your hands.
- Wash your cloth mask after each use, or at least daily.
- Wash in hot water, but if you can't, make sure to dry on a hot setting of your dryer.

To Don Ear Loop Cloth Mask

*Proper hand hygiene has been conducted before donning on mask



STEP 1

Hold mask by ear loops



STEP 2

Slip one loop over ear



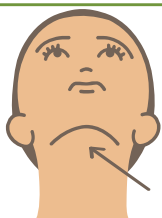
STEP 3A

Slip second loop over opposite ear, adjust mask to assure mouth and nose covered.



STEP 3B

Slip second loop over opposite ear, adjust mask to assure mouth and nose covered.



Mandible

Note: Cloth mask tends to slip less during use/talking if the lower edge of mask is aligned with jaw bone (mandible) rather than down below jaw bone.

To Don Ear Head Loop Mask



STEP 1

Hold mask by grasping both head loops at edges of mask



STEP 2A

Hold mask with mask facing downward, so mask is donned with chin directed into mask first.



STEP 2B

Hold mask with mask facing downward, so mask is donned with chin directed into mask first.



STEP 3A

Stretch both head loops up over crown head, and adjust loops so mask fits snugly.



STEP 3B

Stretch both head loops up over crown head, and adjust loops so mask fits snugly.



When Removing Either Mask for Re-use

1. Remove mask by grasping ear loops or head loops; avoid touching front of mask.
2. Place mask with outer side facing down on a clean paper towel.
3. If a common area is used for securing masks between uses, write your initials or name on paper towel to designate each person's mask.
4. Perform hand hygiene after removing.
 - a. When re-donning, use care not to touch outside of mask.
 - b. Perform hand hygiene after donning.



Wash Cloth Masks after Use

If you wear your mask to work, place it in a plastic bag and take it home to launder

Wash in regular home laundry:

- Recommended is to wash in hot water and dry OR
- Wash in cool or warm water but dry in a hot dryer
- Wash mask after each use (or daily)