

# FACE COVERINGS...

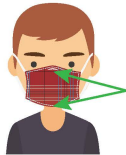
## What You Need to Know!

### How to Select a Face Covering

#### DO choose face coverings that



Have three or more layers of washable, breathable fabric.



Completely cover your nose, mouth, and chin.



Have a snug fit against the side of your face with no gaps.

#### DO NOT choose face coverings that



Are made of fabric that makes it hard to breathe, for example, vinyl.



Have exhalation valves or vents, which allow virus particles to escape.



Are intended for healthcare workers, including N95 respirators or surgical face coverings.



Are clear plastic that rest on the chin. These are not form fitting and cannot be disinfected properly.



There is limited evidence on the effectiveness of neck gaiters and they should not be used as a face covering.

### Special Situations: Children



If you are able, find a face covering that is made for children.



If you can't find a face covering made for children, check to be sure the face covering fits snugly over the nose and mouth and under the chin.



Do NOT put on children younger than 2 years old.

### CAUTION: Face Shields



Evaluation is on-going and effectiveness is unknown at this time.



If you wear glasses, find a face covering with a nose wire that can fit to the bridge of your nose to limit fogging.



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## How to Wear

Wear a face covering **correctly** and **consistently** for the best protection.

- ✓ Be sure to wash or sanitize your hands before putting on a face covering
- ✓ Do NOT touch the face covering when wearing it



## Do wear a face covering that...

- ✓ Covers your nose and mouth and secure it under your chin
- ✓ Has a snug fit against the side of your face

## Do NOT wear a face covering...



## How to take off a face covering...

-  Carefully, untie the strings behind your head or stretch the ear loops.
-  Handle only by the ear loops or strings.
-  Store the face covering in a clean paper or resealable plastic bag if it is not dirty or wet and you plan to re-use it.
-  Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing.

## How to Clean

Face coverings should be washed regularly. Always remove face coverings correctly and wash your hands after handling or touching a used face covering.



- ✓ Hand or machine wash the face covering using soap or detergent, preferably with hot water, at least once a day. Let it dry thoroughly before wearing.

