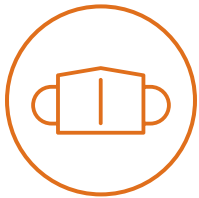


Correct Use and Washing of Cloth Masks

COVID-19 spreads mainly from person to person through respiratory droplets (expelled germs) produced when an infected person coughs, sneezes, or even when they talk or sing. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. A cloth mask may only offer partial protection to the wearer, but it may keep the wearer from spreading the virus to others. Look for masks with multiple layers fabric. When using a cloth mask, three layers with an absorbent innermost layer made of cotton and a moisture-wicking outermost layer made of polyester is recommended. Masks with an exhalation valve are not recommended because they allow unfiltered exhaled air to escape.



When must I wear a cloth mask?

- Inside any campus building
- In outdoor settings when it is difficult to social distance like walking down Speedway



How do I wear a cloth mask correctly?

1. Wash your hands before handling a cloth mask.
2. Place the cloth mask snugly over nose and mouth.
3. Breathe normally.
4. Keep the cloth mask on your face the entire time you're in public.
5. Don't put the cloth mask around your neck or up on your forehead.
6. Don't touch the cloth mask, and, if you do, wash your hands.



How do I remove my cloth mask?

1. To remove the cloth mask, untie from behind head or unloop strings from behind ears.
2. Fold the outside corners of the cloth mask in.
3. Be careful not to touch your eyes, nose, and mouth when removing the cloth mask.
4. Wash hands after handling the cloth mask.



How do I wash a cloth mask?

- Be sure to wash your cloth mask after every wear.
- You can include your cloth mask with your regular laundry. Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the cloth mask. Use the highest heat setting and leave in the dryer until completely dry.
- By hand using a bleach solution. Lay flat and allow to completely dry. If possible, place the cloth mask in direct sunlight. (See instructions at bit.ly/CDCwashfacecoverings.)