



How to use a **homemade cloth face mask** to help slow the spread of coronavirus (COVID-19)

The CDC recommends that people wear a cloth face mask, also called a cloth face covering:

- In public settings where it's difficult to keep 6 feet of social distancing between other people, such as grocery stores and pharmacies, especially if you're in an area with high numbers of COVID-19 cases
- To slow the spread of the virus from people who may have the virus and not know it

The CDC does not recommend that the public wear surgical masks or N-95 respirators. Mask selection should be based on understanding your risk based on your job or health status.

How do I make a cloth face mask at home?

- The CDC has instructions on how to make a sewn or no-sew cloth face mask at: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

Put on your mask



- 1 Clean your hands with soap and water or hand sanitizer



- 2 Make sure your mask is clean and doesn't have any visible dirt or tears in the fabric



- 3 If you wear glasses, take them off



- 4 Pick up and hold the mask by the ear loops or ties only



- 5 Place the mask on your face over your nose and mouth by putting a loop around each ear or tying the ties snugly in the back of your head



- 6 Adjust the mask so it fully covers your nose, mouth, and chin
 - Pull the top of the mask up on your nose – it must cover your nostrils – and, if your mask has a bendable top edge, pinch it around your nose




- Pull the bottom of the mask down over your chin

- Your mask should fit snugly, but comfortably, against the sides of your face

While wearing your mask

- Leave your mask on and in the same position on your face the entire time you wear it – don't touch the mask while wearing it
- Don't pull your mask down around your neck or up to the top of your head – this contaminates the mask
- If your mask is slipping from the correct position, such as down your nose, and you need to adjust it:
 - 1 Clean your hands with soap and water or hand sanitizer
 - 2 Touch your mask to move to it the correct position
 - 3 Clean your hands again

Remove your mask

-  1 Clean your hands with soap and water or hand sanitizer
-  2 If you wear glasses, take them off
-  3 Touching only the ear loops or ties, lift and pull the mask down and away from your face
 - Do not touch your eyes, nose, or mouth when removing it
-  4 Clean your hands again

How to wash your mask

- If possible, wash your cloth mask after every use
- Wash your mask in hot water and soap in a washing machine when it is visibly dirty or gets damp
- Dry it in a dryer on hot

If you need to reuse the mask before washing it:

- 1 Have a paper bag ready to place your mask in after you remove it
- 2 Write the date on the bag. The virus can only live on cloth or paper for 1 day.
- 3 When you remove the mask, place it in the paper bag. Keep your mask in the bag for at least 24 hours to make sure the virus is dead before using it again without washing it.

Learn more at the CDC (Centers for Disease Control) website:

- <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>



<https://c19rrt.org>