

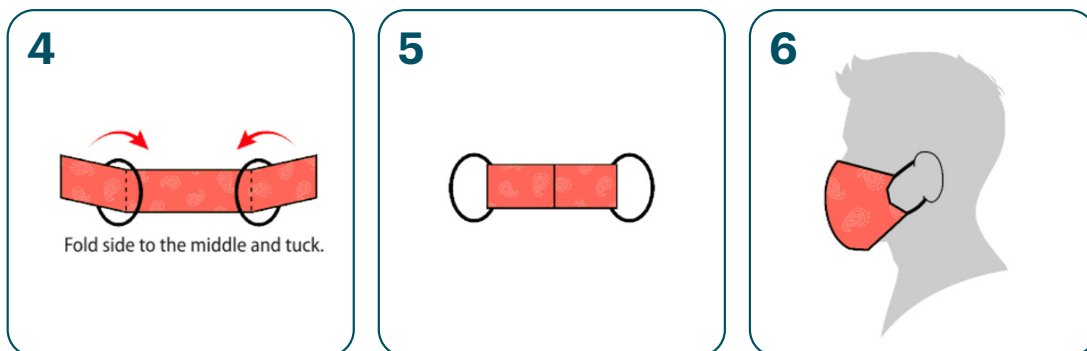
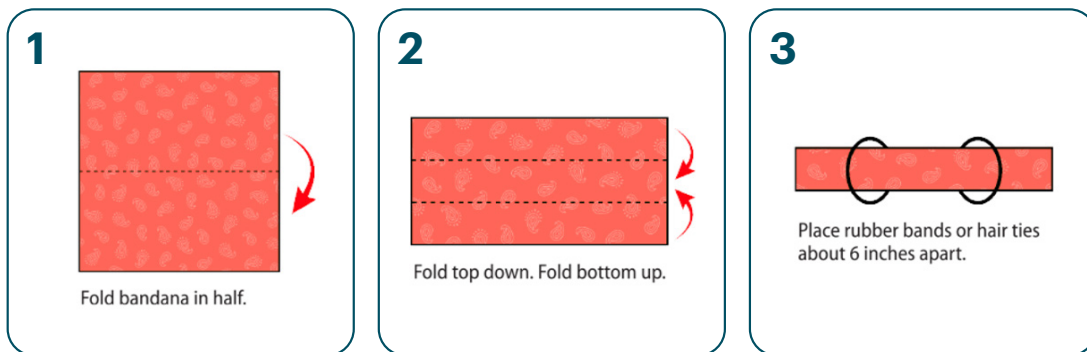
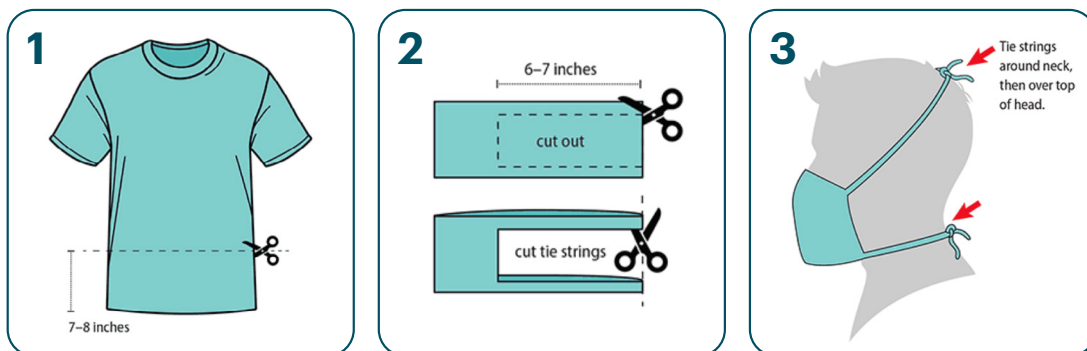
How to Wear and Care for your Cloth Face Covering

Health care professionals recommend you cover your face with cloth in public, especially in places where you can't maintain 6 feet of distance. We know it's difficult to follow public health guidance without stable housing, but following these guidelines as well as you can will help protect yourself and others from the coronavirus.

You can buy a mask from a store or make them from common cotton materials. You should not use face coverings on children under two, anyone who has trouble breathing, or anyone who can't remove the covering on their own.

How to make a cloth face covering

If you don't have a mask, you can make one from a t-shirt or bandana.



Putting on and removing your face covering

Whether you make or buy your face covering, try to follow these instructions when putting on or removing the covering to reduce the chance of transmitting the virus—it could be on your hands or the covering.

PUTTING ON YOUR FACE COVERING	REMOVING YOUR FACE COVERING
<ol style="list-style-type: none">1. Clean hands: Use soap and water or alcohol-based sanitizer.2. Put it on: Pick one side to face out. Hold the ties or elastics and place over your ears and/or head and neck depending on the mask.3. Make sure it fits: It should cover your nose and mouth and the bottom edge should be under your chin.4. Clean hands again.5. Avoid touching your face or the outside of the mask.	<ol style="list-style-type: none">1. Remove the covering: Don't touch the outside.2. Fold so the outside of the covering is on the inside of the fold.3. Put in a bag by itself.4. Clean your hands.

How to clean your cloth face covering

You should wash your cloth face covering as often as possible if you're wearing it regularly. You may not have access to a washing machine, but you have multiple options:



WASHING MACHINE

Use hot water and detergent then hang or machine dry.



WITHOUT WASHING MACHINE

Use hot water and soap to hand wash and hang in a clean area to dry.



WITH BLEACH

Soak the cloth covering in a mix of 2 tablespoons of bleach per quart of water or 1/3 cup of bleach per gallon of water. Rinse well and hang or machine dry.

You should store your clean face covering in a clean bag—preferably paper—and you should only handle it after you clean your hands with soap and water or an alcohol-based sanitizer.