

# HOW TO WEAR A CLOTH FACE COVERING

According to the Centers for Disease Control and Prevention, wearing face coverings can help prevent the spread of the coronavirus (COVID-19).



- Before entering the workplace, ensure your cloth face covering is snug and secure, and is secured with ties or ear loops. Make sure you are able to breathe comfortably and without restriction
- Remember — wearing a cloth face covering does not replace COVID-19 best practices, such as washing hands often, maintaining social distancing of 6 feet or more and avoiding touching of the face
- When it is time to take off a face covering, avoid touching hands to your face, nose and mouth. As soon as the face covering has been removed, make sure to wash your hands immediately
- Cloth face coverings should be washed between uses — before wearing again, face coverings should be washed in a washing machine

