Face Coverings/Cloth Face Masks

A face covering or cloth face mask is intended to trap droplets that are released when the wearer talks, coughs or sneezes. Asking everyone to wear cloth masks can help reduce the spread of the virus by people who have COVID-19 but don't realize it. Cloth face coverings and masks are easy to find or make, and can also be washed and reused. Masks must fit securely over the mouth and nose, and can be made from common materials, such as sheets made of tightly woven cotton and should include multiple layers of fabric, or by wearing one disposable mask underneath a cloth mask. The second mask should push the edges of the inner mask against your face.

Acceptable, or recommended, face coverings will:
- Completely cover both the mouth and nose;
- Fit snugly, but comfortably against the sides of the face;
- Be secured with ties or loops;
- Made of cloth and Include two or three tightly woven layers of material;
- Allow for breathing without restrictions;
- Can be washed and machine dried without damage or change to the shape of the mask;
- Include the use of disposable paper or surgical masks.

Unacceptable face coverings include:
- Gaiters;
- Bandanas; and
- Masks with valves or vents

Here are a few pointers for putting on and taking off a cloth/disposable mask:

- Wash or sanitize your hands before and after putting on and taking off your mask.
- Place your mask **over your mouth and nose.**
- Knot and Tuck ear loops of a 3-ply mask by knotting the loops where they join the edge of the mask and then fold and tuck the unneeded material under the edges - https://www.youtube.com/watch?v=UANi8Cc71A0&feature=youtu.be
- Tie it behind your head or use ear loops and make sure it's snug.
- Don't touch your mask while wearing it.
- If you accidentally touch your mask, wash or sanitize your hands.
- If your mask becomes wet or dirty, switch to a clean one. Put the used mask in a sealable bag until you can wash it.
- Remove the mask by untying it or lifting off the ear loops without touching the front of the mask or your face.
- Wash your hands immediately after removing your mask.
- Regularly wash your mask with soap and water by hand or in the washing machine. It's fine to launder it with other clothes.

It is important to remember that the use of face coverings/masks should be combined with other everyday preventive actions and control measures such as frequent handwashing, social/physical distancing, respiratory etiquette, as face coverings do not protect against Covid-19 on their own.

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