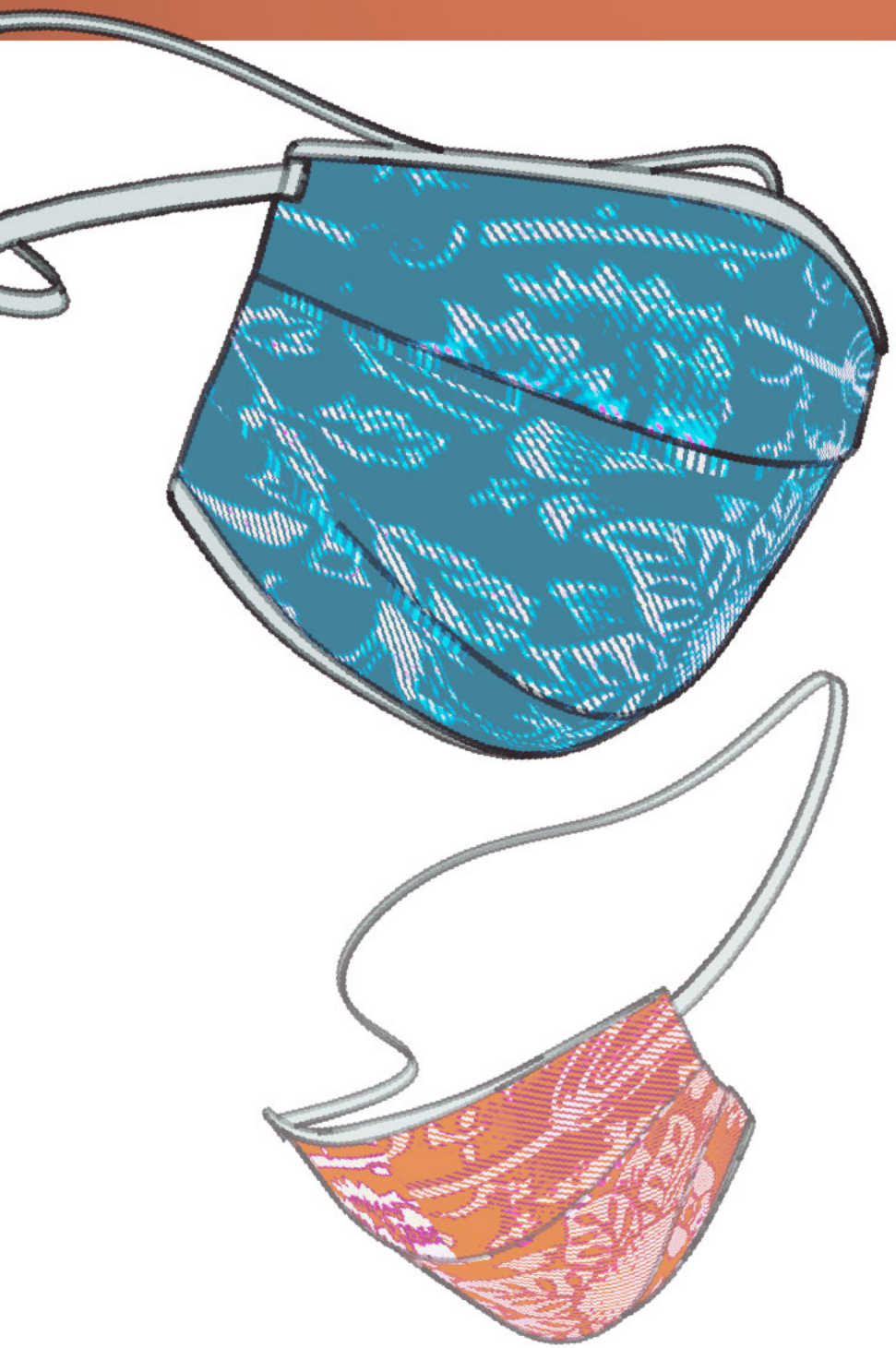
HOW TO WEAR A CLOTH FACE COVERING

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 work-place, 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

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Source: Centers for Disease Control and Prevention