## Cloth Face Covering Do's and Don'ts

<table>
<thead>
<tr>
<th>DO:</th>
<th>DON'T:</th>
</tr>
</thead>
</table>
| • Wear a cloth face covering in public places where physical distancing is difficult to maintain.  
• Make sure your mouth and nose are fully covered.  
• Make sure the mask fits snugly against the sides of your face.  
• Wash your hands after touching your mask. | • Wear a cloth face covering if you have trouble breathing or are otherwise unable to remove the mask without assistance.  
• Put a cloth face covering on children under age 2.  
• Use surgical masks or other PPE intended for healthcare workers. |

**Cloth Face Coverings work best when combined with other prevention measures. Remember to:**

- **Wash your hands** often with soap and water.
- **Avoid close contact** with others by maintaining 6-foot distancing.
- **Cover your coughs and sneezes.**
- **Clean and disinfect** frequently touched surfaces daily.
- **Monitor yourself for symptoms of COVID-19.**

**For more information visit:**