

# Important information about your cloth face coverings

Print Resources Web Page: <https://www.cdc.gov/coronavirus/2019-ncov/communication/print-resources.html>



The CDC recommends that everyone wear cloth face coverings when leaving their homes, regardless of whether they have fever or symptoms of COVID-19. This is because of evidence that people with COVID-19 can spread the disease, even when they don't have any symptoms. Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

## How cloth face coverings work

Cloth face coverings may prevent the person wearing the mask from spreading respiratory droplets when talking, sneezing or coughing. If everyone wears a cloth face covering when out in public, such as going to the grocery store, the risk of exposure to SARS-CoV-2 can be reduced for the community. Since people may spread the virus before symptoms start, or even if people never have symptoms, wearing a cloth face covering may protect others around you. Face coverings worn by others may protect you from getting the virus from people carrying the virus.



## General considerations for the use of cloth face coverings

**When using a cloth face covering, make sure:**

- ✓ The mouth and nose are fully covered
- ✓ The covering fits snugly against the sides of the face so there are no gaps
- ✓ You do not have any difficulty breathing while wearing the cloth face covering
- ✓ The cloth face covering can be tied or otherwise secured to prevent slipping



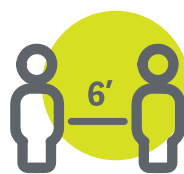
**Wash** your cloth face covering after each use

Wash in the washing machine or by hand using a bleach solution. Allow it to completely dry.

As COVID-19 continues to spread within the United States, CDC has recommended additional measures to prevent the spread of SARS-CoV-2, the virus that causes COVID-19. In the context of community transmission, CDC recommends that you:



**Stay**  
home as much  
as possible



**6 Feet**  
Practice social  
distancing



**Clean**  
your hands  
often

**[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)**

For more information, go to:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-make-cloth-face-covering.html>

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