

# Cloth Face Covering Do's and Don'ts

## Do:

- Make sure you can breathe through it.
- Wear it when directed to and when in public places, like grocery stores.
- Make sure it covers your nose and mouth.
- Wash after using, like normal laundry.

## Don't:

- Use if you cannot take it off yourself, like young children under 2.
- Use masks, PPE, intended for healthcare professionals.
- Stop social distancing, washing your hands, and preventing germs.

Their face covering protects you, your face covering protects them. Staying 6 feet away protects both of you.



**COVID-19**  
CORONAVIRUS DISEASE 2019



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*updated 05/01/20*

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