Do you share a space? Cover your face!

- Face coverings can help prevent the spread of illness.
- Wash hands before and after you touch your face covering.
- Avoid touching your face or face covering.
- Wash your face covering every day.
- Practice social distancing.
- Don’t use a ripped or torn face covering.

Healthy habits protect you and your family. Learn more at tpchd.org/coronavirus.
Tips for Cloth Masks or Face Coverings

Make a homemade mask
• Learn how to make your own mask: www.cdc.gov.
• Make several masks, because you need to wash them after every use.

Don’t wear a mask if you:
• Have trouble breathing.
• Can’t remove the mask without assistance.
• Are under age 2.

Tips for people who work in a food establishment
• Wash your hands with soap and water before and after you put on and take off the mask.
• If you touch your face or mask with your gloves, remove the gloves and wash your hands.

Care for your mask or face covering
• Launder after each use.
• Ensure it is completely dry before you wear it again.
• Discard if ripped or torn.

Masks for children
Make the activity fun for your child. Let them choose fabric patterns or help make the face covering. If your child wears a mask, think about the following:

Does your child understand why they are wearing a mask?
• Wearing something new can cause fear or anger in a child.
• Talk with your child about how the mask helps protect them and others.

Can your child keep their hands off the mask?
• Children shouldn’t touch the mask, except to put it on and remove it.
• Avoid touching the mask to keep it clean.

Never reuse a mask or store it in a purse or pocket.
Wash it after every use to avoid a respiratory infection.