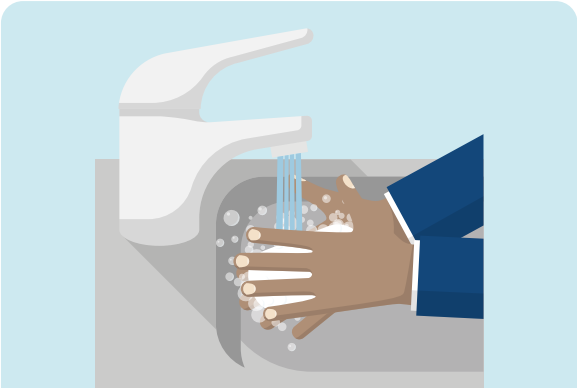


Do you share a space? Cover your face!



Face coverings can help prevent the spread of illness.



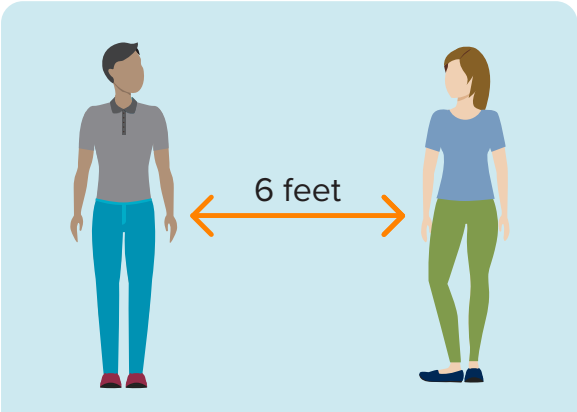
Wash hands before and after you touch your face covering.



Avoid touching your face or face covering.



Wash your face covering every day.



Practice physical distancing.



Don't use a ripped or torn face covering.



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.

