



# Community Use of Cloth Masks to Slow the Spread of COVID-19

## When to Wear a Cloth Face Covering

**Staying home and social distancing are still the best ways to protect yourself and others.** However, US CDC now recommends the additional, voluntary step of wearing a cloth face covering when you must visit public places, such as the grocery store or pharmacy.

**Wearing a mask helps protect others.** You can have, or pass on COVID-19 without having any symptoms. That's why wearing a mask, **even if you don't feel sick** can be a good idea. If you have a job in a public setting, wearing a mask while at work may provide an even bigger benefit to the community, because of the number of people you encounter in a day.

## How to Wear a Mask

### Masks should -

- fit snugly but comfortably against the side of your face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow you to breathe without restriction
- be able to be machine-washed and dried without damage or change to shape

**People should continue to practice social distancing, keeping 6 feet apart and washing hands/using hand sanitizer frequently.**

## Removing a Mask

When removing a mask or face covering, be careful not to touch your eyes, nose, or mouth. Wash hands immediately after removing.

## Cleaning Masks

Cloth face coverings should be machine-washed and dried at home after each use with usual laundering practices. If you have a mesh bag, laundering inside the bag is recommended.

## Additional CDC Info on Cloth Face Coverings

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 their own mask.

This information is provided by Bangor Public Health and Community Services and is based on US CDC guidance. For more information on how to use and make cloth masks, visit: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/DIY-cloth-face-covering-instructions.pdf>

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