HOW TO SAFELY WEAR AND REMOVE
Cloth Face Coverings

HOW TO WEAR
• Wash hands first
• Place over nose and mouth
• Secure under chin
• Fit snugly against sides of face
• Make sure you can breathe easily
• Do not put on children under 2

YOU HELP PROTECT OTHERS BY WEARING A FACE COVERING

You might be infected but don’t have symptoms
Wear in public and when around people from other households
Don’t leave your nose exposed
Don’t touch while wearing, if you do clean your hands

HOW TO REMOVE
• Handle only by ear loops or ties
• Fold outside corners together
• Place in washing machine
• Wash your hands

Remove only when not in public or when more than six feet from others

For more information, visit: srhd.org/covid19

Content adapted from CDC // July 2020