**Information from the CDC**

How to Select, Wear, and Clean Your Mask

Updated Aug. 27, 2020

CDC recommends that you wear [masks](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html) in public settings around people who don’t live in your household and when you can’t stay 6 feet away from others. Masks help stop the spread of COVID-19 to others.

Overview

* Wear masks with two or more layers to stop the spread of COVID-19
* Wear the mask over your nose and mouth and secure it under your chin
* Masks should be worn by people two years and older
* Masks should NOT be worn by children younger than two, people who have trouble breathing, or people who cannot remove the mask without assistance

How to Wear

Wear a mask **correctly** and **consistently** for the best protection.

* Be sure to wash your hands before putting on a mask
* Do **NOT** touch the mask when wearing it

Do wear a mask that

* Covers your nose and mouth and secure it under your chin
* Fits snugly against the sides of your face

How to Clean

Masks should be washed regularly. Always [remove masks correctly](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wear-cloth-face-coverings.html) and [wash your hands](https://www.cdc.gov/handwashing/index.html) after handling or touching a used mask.

* Include your mask with your regular laundry
* Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the mask
* Use the highest heat setting and leave in the dryer until completely dry