

Cover your mouth and nose with a cloth face cover when around others

- You could spread COVID-19 to others even if you do not feel sick. The cloth face cover is meant to protect other people in case you are infected.
- Everyone should wear a cloth face cover when they have to go out in public, for example to the grocery store or to pick up other necessities, with the below exceptions.
 - Cloth face covers should not be placed on young children under age two.
 - Cloth face covers should not be placed on anyone who has trouble breathing or is unconscious, in incapacitated or otherwise unable to remove the mask without assistance.
- Do NOT use a face mask meant for a healthcare worker.
- Continue to keep about 6 feet between yourself and others. **The cloth face cover is not a substitute for social distancing.**

Cloth face cover should:

- Fit snugly but comfortably against the side of the face
- Be secured with ties or ear loops
- Include multiple layers of fabric
- Allow for breathing without restriction
- Be able to be laundered and machine dried without damage or change to shape

* Content source: Center for Disease Prevention and Control ([cdc.gov/coronavirus](https://www.cdc.gov/coronavirus))

