### Face Coverings: Do's and Don'ts

#### Face Covering Do's:

**Donning:**
- Wash your hands before donning (20 seconds, soap and water)
- Ensure the exterior of face covering is facing out
- Use the ties or ear loops to put your mask on
- Cover the bridge of your nose, your mouth, and secure under chin. Ensure you can breathe with ease

**Taking Off:**
- Wash your hands before removing the mask
- Use the ties or ear loops to pull your mask off
- Wash your hands again after handling the used mask
- If clean, dry and planned for re-use, store in a clean and dry separate containment area such as a paper bag (labeled with your name)
- Face coverings should be changed when moist or potentially contaminated. Cloth face coverings can be washed and dried for re-use. Surgical or paper style face coverings should be disposed of

#### Face Covering Don'ts:

- **Don’t** forget to cover your nose. A mask that doesn’t cover your nose won’t contain droplets
- **Don’t** forget to cover your mouth, & chin. A mask that doesn’t cover your mouth and chin won’t contain droplets
- **Don’t** touch your face. Hands touch many surfaces and can pick up viruses. Then hands can transfer the virus to your face, from where the virus can move inside your body
- **Don’t** eat or drink while wearing the face mask. Remove and store the mask before eating and drinking.
- **Don’t** touch the inside of the mask, while taking it off. The outside surface should not come into contact with your face

### Effective Face Coverings:

- Include fabric, surgical, paper masks, etc.
- Fabric covers include multiple layers of fabric
- Fit snugly against the sides of your face
- Allow breathing without restriction
- Fabric covers can be laundered & machine dried without damage or altering shape

**DO NOT** use masks with exhalation valves! Exhaled breath is released, offering no protection to others.

### Resources:
1. CDC: Cloth Face Coverings: Questions and Answers
2. CDC: Interim Guidance; How to Safely Wear and Take Off a Cloth Face Covering
3. University of Connecticut: Respiratory Protection Program