

[CDC recommends](#) wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), **especially** in areas of significant community-based transmission. CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Please follow local and customer guidelines, if there are not any, anyone is welcome to make the decision to wear a mask.

**Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?** Yes. They should be routinely washed depending on the frequency of use, ideally after each use.

**How does one safely sterilize/clean a cloth face covering?** A washing machine should suffice in properly washing a cloth face covering. Dispose of any non-cloth face covering after use. Wash your hands immediately after putting masks in a washing machine. Washing with soap and water then hang drying also works.

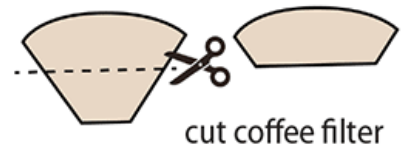
**How does one safely remove a used cloth face covering?** Individuals should be careful not to touch their eyes, nose, and mouth when removing their face covering and wash hands immediately after removing.

[CLICK HERE FOR VIDEO TUTORIAL](#)

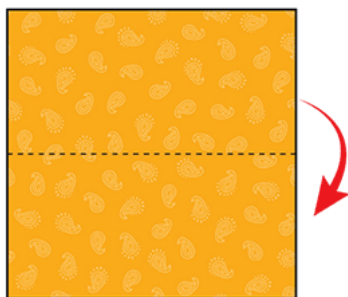
#### MATERIALS NEEDED:

- Bandana (or square cotton cloth approximately 20"x20")
- Coffee filter
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

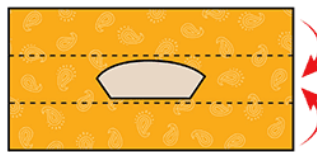
1.



2.



3.



Fold filter in center of folded bandanna.

Fold top down. Fold bottom up.

4.



Place rubber bands or hair ties about 6 inches apart.

5.



Fold side to the middle and tuck.

6.



7.

