

# HELP US PROTECT OURSELVES FROM COVID-19 AND WEAR YOUR MASK!



People can transmit the virus to others before knowing they are infected or before they show symptoms. Therefore it is important to wear cloth masks when you are in public places such as grocery stores, parks, and at work.

## HOW DO THEY WORK:



**If everyone wears a cloth mask when they are in public, the risk of exposure to the coronavirus can be reduced.**

Cloth masks prevent the person wearing it from spreading the virus when speaking, sneezing, or coughing.



Using it can prevent you from touching your nose and mouth, preventing contamination from your hands.

## REMEMBER:



Wash your hands with soap and water for 20 seconds



Use hand sanitizer if soap and water are not available



Do not touch your face with your hands



Maintain 6 feet distance

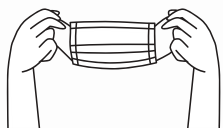


Cloth masks should not be used on children under 2 years old

## WHEN USING YOUR CLOTH MASK, BE SURE TO:



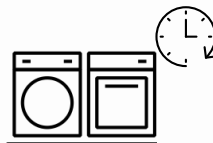
Wash your hands **before and after** putting on the mask



The mask can be **tied or secured** with snaps to prevent it from slipping



**Completely** cover your mouth and nose



Wash and dry your cloth mask **daily**



Adjust the mask to **the sides of your face** so that it is well secured



Avoid touching the **front of the mask**, especially when putting it on or taking it off

## HOW TO WASH YOUR CLOTH MASK:

In general cloth masks should be washed daily.



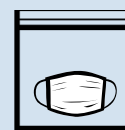
Wash with water and regular laundry detergent



Dry completely in a tumble dryer



Wash your hands before storing  
**(do not touch your eyes, nose or mouth)**



Store in a safe place

### Source:

United States Centers for Disease Control and Prevention  
CDC.gov/nCoV

### More Information:

<https://deohs.washington.edu/pnash/>  
<https://www.doh.wa.gov/emergencies/coronavirus>

Created in  
Collaboration With:

Community to Community (C2C), El Proyecto Bienestar, & University of Washington

