In general cloth masks should be washed daily.

**HOW TO WASH YOUR CLOTH MASK:**

1. Wash with water and regular laundry detergent
2. Dry completely in a tumble dryer
3. Wash your hands before storing (do not touch your eyes, nose or mouth)
4. Store in a safe place

**HOW DO THEY WORK:**

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.

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

**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

**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

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