CORONAVIRUS DISEASE 2019

PREVENTION

Ohio

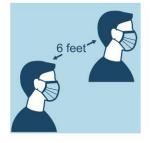
Department of Health

Cloth face coverings/masks DOs and DON'Ts

For additional information call **1-833-4-ASK-ODH** or visit coronavirus.ohio.gov.

Some people with COVID-19 have no symptoms and can spread the virus to others who are close by, through speaking, coughing, sneezing, or other means.

To help prevent this, the Centers for Disease Control and Prevention (CDC) has recommended that people wear cloth face coverings (masks) in public settings, such as grocery stores, to help slow the spread of COVID-19.



DO practice 6-feet social distancing even if you are wearing a face covering.



DO wash your hands before putting on and immediately after removing.



DO NOT allow the mask to slip under your nose or chin.



DO buy a covering or make one from household or common materials. Use multiple layers of a fabric that does not lose shape when laundered or machine dried.



DO regularly launder coverings in a washing machine.



DO NOT untie straps/unhook ear loops while wearing.



DO wear face coverings so they fit snugly but comfortably and allow for breathing without restriction. Secure behind the head with ties or ear loops.



DO NOT place cloth face coverings on children under age 2, or anyone unable to remove them without assistance.



DO NOT touch your eyes, nose, or mouth when removing the face covering.



DO wear horizontally. Ensure that your nose, mouth, and chin are covered at all times.



DO NOT touch the mask while wearing it. If you do, wash your hands immediately.



DO NOT wear when wet from laundering or from spit or mucus.