LakeCounty
Health Department and
Community Health Center

Using a Cloth Face Covering
During the COVID-19 Pandemic
Revised April 28, 2020

Why should I wear a cloth mask (or *face covering*)?

- Coronavirus Disease 2019 (COVID-19) is spreading in our community. The virus spreads when an infected person coughs, sneezes, or talks.
- Some people with COVID-19 may not have any symptoms. They can still spread the virus to others, even if they do not seem sick.
- A mask helps protect people around you if you are infected with COVID-19. It is an extra protection to help stop the spread of the virus.
- Masks do **not** replace other methods of protection. Continue to wash your hands often with soap and water, stay at home as much as possible, and keep 6 feet of distance between yourself and others (social distancing).

When should I wear a cloth mask?

- If you are sick or feeling COVID-19 symptoms.
- If you are caring for someone with COVID-19 symptoms.
- Whenever you go to public settings such as the grocery store or doctor's office.
- When social distancing is not possible (e.g., on public transportation, in common areas).
- When required by a local ordinance if you work or live in a city, state, or municipality that mandates public masking.

How do I wear a cloth mask?

- Wash your cloth mask before use.
- Using clean hands, cover your mouth, nose, and chin with the mask.
- Make sure there are no gaps between your face and the mask.
- Do not touch the mask while wearing it.
- Remove the mask from behind, using the ear straps. Do not touch your eyes, nose, or mouth when removing.
- Wash your hands immediately after removing.

How do I clean my cloth mask?

- Wash your mask every day or between every use.
- Wash the mask in a washing machine with hot water and laundry soap. You may also use a disinfectant like bleach.
- If you hand wash the mask, scrub it with soap and hot water for at least 30 seconds.
- Hang the mask up, or use a clothes dryer on high heat to dry the mask completely.
- You may need to iron the mask to close any gaps or rolling of the fabric.