



Guidelines for Proper Use and Care of Face Coverings During COVID-19 Pandemic

Important: Using a disposable (single use) or a reusable cloth face covering is NOT a substitute for the primary viral transmission interventions of staying home when ill, social distancing, and hand washing (or sanitizing).

Face coverings are an additional layer of control that can help protect others from possible exposure to respiratory droplets that may be released when talking, sneezing, or coughing.

Proper donning (putting the covering on), doffing (removing the covering), care and/or disposal are important to reduce the likelihood of transferring contamination on either the inside, or the outside of the covering to your hands, face or other surfaces.

**It's important to remember the outside of the covering is considered contaminated.
Don't touch the covering while you are wearing it!**

General Instruction for All Coverings

- Prior to Donning:** Wash your hands with soap and water before putting the covering on.
 - If soap and water are unavailable, a hand sanitizer may be used as a substitute.
 - Wash or sanitize your hands immediately after putting on a covering that is being reused.
- Fit:** Covering the nose and mouth, comfortable against the side of the face.
- When Doffing:** Be careful to not touch your eyes, nose, or mouth when removing, and wash hands immediately after removing.
- When Wearing:** AVOID TOUCHING THE COVERING WHILE YOU'RE WEARING IT.
 - If you do touch it, wash your hands with soap and water or use hand sanitizer as soon as possible.
- When Reusing:**
 - Wash hands or sanitize your hands before and after, or
 - Use clean, disposable gloves (i.e. latex) to put the covering on; and
 - Discard the glove that touched the face (outside) of the covering.
- Storing for Reuse:**
 - Place in plastic bag or other suitable location away from potential contamination.
- Follow the appropriate donning and doffing guidance for the covering to be worn.

Disposable Covering:

- Replace Covering:
 - If it becomes damp
 - If it becomes visibly soiled
 - If you accidentally touch the inside of it
 - If you drop it on the floor
 - If it becomes difficult to breathe through
 - At the end of the day

Cloth Coverings:

- Replace Covering:
 - If it no longer covers the nose and mouth
 - If it has stretched out or damaged ties or straps
 - If it cannot stay on the face
 - If it has holes or tears in the fabric
- Covering Maintenance:
 - Launder regularly (depending on the frequency of use) with detergent - using hot water
 - Dry covering completely.

Disposal:

- When replacement is necessary, dispose of your used face covering as regular (nonhazardous) waste.



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Single Strap Covering

Donning

- Cup the covering in hand with the straps hanging below hand. Hold covering under chin with the nosepiece up.
- Pull strap over top of head and position at the top-back of your head.
- Place fingers of both hands at top of metal nose clip (if present). Press gently, sliding fingertips down both sides of metal strip to mold covering to shape of nose.

Doffing

- Do NOT touch the front of the covering.
- Grasp top strap with (one or two hands) on either side of your head, near temples.
- Slide hand(s) toward the back of head, pulling the strap away from head, then up and forward.



Putting On Single Strap

Ear Loop Covering

Donning

- Hold covering with one ear loop in each hand - inside of the covering towards face.
- Pull covering to face and place one loop over each ear.
- Adjust the covering to cover nose and chin as necessary.



Outside Inside

Doffing

- Do NOT touch the front of covering.
- Grasp both ear loops and pull backwards, off ears.



Putting On & Removing Ear-Loop

Double Strap Covering

Donning

- Cup covering in hand with the straps hanging below hand. Hold the covering under your chin with the nosepiece up.
- Pull bottom strap over top of head and position it on the back of neck.
- Pull the top strap to the top-back of head.
- Place fingers of both hands at top of metal nose clip (if present). Press gently, sliding fingertips down both sides of metal strip to mold covering to shape of nose.
- Do not crisscross the straps.



Putting On

Doffing

- Do NOT touch the front of the covering.
- Grasp bottom strap with both hands near cheeks. Slide hands to back of neck.
- Pull strap backwards, away from neck, then up and over top of head. Allow the strap to dangle in front of the covering.
- Grasp top strap with both hands on either side of head, near temples.
- Slide both hands toward back of head, pulling strap away from head, then up and forward.



Removing