

# Community Use of Cloth Masks to Slow the Spread of COVID-19

## When to Wear a Cloth Face Covering

Staying home, social distancing, and hand washing are still the best ways to protect yourself and others. However, the US CDC now also recommends wearing a cloth face covering when you must be in public.

Wearing a mask helps protect others. You can have or transmit COVID-19 without having any symptoms. That's why wearing a mask, even if you don't feel sick, is a good idea. If you have a job in a public setting, wearing a mask while at work may provide an even bigger benefit to the community, because of the number of people you encounter in a day.

### Additional CDC Info on Cloth Face Coverings

Coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove their own mask.

## Masks Should:

- **Fit snugly but comfortably against the side of your face.**
- **Be secured with ties or ear loops.**
- **Include multiple layers of fabric.**
- **Allow you to breathe without restriction.**
- **Be machine-washed and dried after each use.**

People should continue to practice social distancing, keeping 6 feet apart and washing hands/using hand sanitizer frequently.



**Wash your hands before and after handling your mask.**



**Pick your mask up by the ear loops or ties only. Avoid touching the mask itself.**



**If you do touch your mask, wash your hands with soap and water or hand sanitizer right away.**

**For more information on children and mask use, visit [mobilizekatahdin.org/kidmasks](https://mobilizekatahdin.org/kidmasks)**

**For more information from the CDC, visit [mobilizekatahdin.org/maskinfo](https://mobilizekatahdin.org/maskinfo)**

This information is provided by Bangor Public Health and Community Services and is based on US CDC guidance.

