# Wearing a Cloth Face Mask
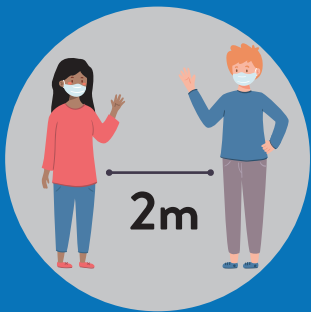
## Medical masks and cloth face masks can help prevent the spread of Covid-19 but are ONLY effective when used alongside other infection safety measures...

**2m**

Social distancing

Regular handwashing

Avoiding touching the face

Respiratory hygiene

Cleaning surfaces

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## How to put on your cloth face mask

**1** Wash your hands before putting on your cloth face covering.

**2** Grab your mask by the ear loops and place them behind your ears. Put it over your nose and mouth and secure it under your chin.

**3** Make sure your mask fits snugly and you can breathe easily.

**4** Try not to touch your mask. If you need to readjust it, wash your hands before and after touching it.

## How to take off your cloth face mask

**1** Handle your mask only by the ear loops. Stretch the ear loops to remove your mask.
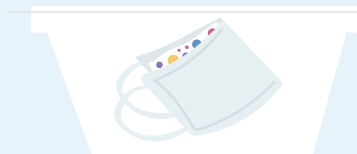
**2** Fold the outside corners together.

Try to avoid touching the outside of the face cover.

**3** When you can't put your cloth face cover into the washing machine straight away, you should fold it in half with the inner surface facing out and temporarily place it in a container.

**4** Wash your hands after touching your mask.

## How to clean your cloth face mask

**1** Always wash your mask properly after use.

**2** Wash in a washing machine using normal detergent and with your regular laundry. Wash at the warmest appropriate setting.

**3** Wash your hands after placing your cloth face mask in the washing machine.

**4** Dry your cloth face mask on high heat or hang dry thoroughly.

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For more ways to stay safe go to gov.uk/coronavirus

**STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES**