

# USING A CLOTH FACE COVERING AS A MASK



DUTCHESS COUNTY DEPARTMENT OF BEHAVIORAL & COMMUNITY HEALTH

Face coverings should be worn by everyone outside of their homes to help protect against Coronavirus, including essential workers in the retail, service and other industries. The CDC is recommending cloth face masks to prevent people who may have the virus and do not know it from transmitting it to others.

Cloth face coverings fashioned from household items can stop the spread of COVID-19 when traditional surgical masks and N-95s aren't available and when significant social distancing is not possible.

**Masks are NOT a substitute for social distancing.**

## CLOTH FACE COVERINGS SHOULD:

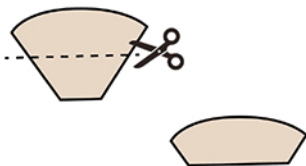
- fit snugly but comfortably against the side of the face
- include multiple layers of fabric
- allow for breathing without restriction
- be washed regularly



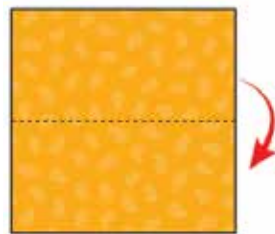
Individuals should be careful not to touch their eyes, nose, and mouth when removing their face covering and wash hands immediately after removing.

## CDC TUTORIAL FOR MAKING A FACE COVERING OUT OF COTTON SQUARE CLOTH

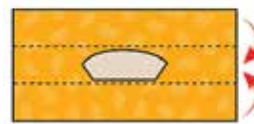
1. Cut coffee filter.



2. Fold square cotton cloth in half. (size 20"x20")



3. Fold filter in center of folded cloth. Fold top down, fold bottom up.



4. Place rubber bands or hair ties about 6 inches apart.



5. Fold sides to the middle and tuck.



6. Place around ears, make sure covering is secure and snug.



FOR MORE INFO ON CLOTH FACE COVERINGS, INCLUDING VIDEO GUIDANCE, VISIT [WWW.CDC.GOV/CORONAVIRUS](http://WWW.CDC.GOV/CORONAVIRUS)

The critical supply of surgical masks and N-95 respirators must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

For more information visit [CDC.gov/coronavirus](http://CDC.gov/coronavirus)