



## If you decide to wear a cloth mask You still need to use social distancing!



### Why should I wear a cloth mask?

- Because you could be infected with COVID-19 and not have any symptoms – wearing a cloth mask could help stop you from infecting other people.
- A cloth mask could protect you from some of other people’s respiratory droplets. People give off droplets when they sneeze, cough, talk, or breathe, and these droplets contain the virus.

### Let’s be clear about what a cloth mask cannot do:

- It’s not a substitute for social distancing –
  - You should still stay at least 6 feet away from people.
  - If you get closer than 6 feet, be sure to limit the time to less than 10 minutes.
- It won’t give you complete protection from getting infected with COVID-19 virus.

### Isn’t a medical mask better?

**DO NOT BUY OR LET SOMEONE GIVE YOU A MEDICAL-GRADE MASK - GET A CLOTH MASK!**

Medical-grade masks (like N95s) are in short supply, and we need to reserve them for medical staff and first responders. Lives depend on this!

### Where can I get a cloth mask? (Each person should have their own mask)

- You can make them from free patterns available on the internet.
  - You don’t need a sewing machine to make your own mask – the CDC has some simple patterns, including a no-sew version: [CDC mask patterns](#).
- You can buy cloth masks on the internet.

### How to use a cloth mask

- Wash your hands before putting a mask on and after taking it off.
- When taking it off, avoid touching the area of the mask that goes in front of your mouth and nose.
- Wash it after each use or daily, either in a washing machine or by hand.
- If you must share a mask with someone, wash it before and after the other person uses it.