

# CLOTH FACE COVERS

Another tool to help slow the spread of COVID-19



Cloth face covers help prevent transmitting the virus through talking, coughing, or sneezing. Use these along with social distancing and other preventive measures to slow the spread of COVID-19.

## Wear a cloth face cover if you leave your home.

The CDC recommends that everyone wears basic cloth face covers in public. This is for essential activities that may be hard to keep the recommended 6 feet, like:

- The grocery store
- The pharmacy
- Doctor's appointments
- Outdoor activities, like crowded trails in parks

Some individuals may feel that using a cloth face covering in public puts them at increased risk for harm due to racial profiling. We ask our community to be aware of potential bias and work to overcome it so that everyone in our community can feel safe.

## Cloth face covers protect others.

People who are not showing symptoms can spread COVID-19. Cloth face covers help prevent someone who may have the virus but doesn't know it from giving it to people around them.

## Staying home is still the best protection.

Continue staying home as much as possible and practicing other everyday prevention measures like:

- Washing your hands often
- Not touching your face
- Staying at least 6 feet away from others
- Disinfecting high-touch surfaces often

## You can make your own.

Face covers can be made of materials you might

already have, such as bandanas, scarves, t-shirts, sweatshirts, or towels. The CDC has [simple instructions on how to make your own](#).

## Wearing one is easy. Here's how:

- Cover your nose and mouth
- Fit it snugly against the side of your face
- Secure with ties or ear loops
- Include multiple layers of fabric
- Make sure you can breathe through it
- Make sure it can be laundered and machine dried

## Cloth face covers aren't for everyone.

- Anyone who has trouble breathing or is unable to remove the cover themselves should not wear one.
- Children under age 2 should not wear one.

## Wash cloth face covers after each use.

Ideally, wash daily with detergent and hot water and dry on a hot cycle. Always wash your hands before and after touching your face or cloth face covers.

## Save masks for healthcare workers.

N-95 and surgical masks are in short supply, and need to be saved for workers on the front lines.

## Donate face covers and masks.

If you would like to donate to Wisconsin's coronavirus response, [visit this website](#).

FOR MORE INFO: [cdc.gov](https://www.cdc.gov)