

Cloth face covering instructions

Included in this package are two cloth face coverings. You should wear one cloth covering over your nose and mouth if you must be around other people or animals, including pets (even at home).

- You don't need to wear the cloth face covering if you are alone.
- If you can't put on the cloth face covering because of trouble breathing, cover your coughs and sneezes in some other way. Try to stay at least 6 feet away from other people. This will help protect people around you.
- Your cloth face covering should fit snugly but comfortably against the side of your face. Cloth face coverings should not be placed on young children under age 2, or on anyone who has trouble breathing or is unable to remove the mask without assistance.
- The cloth face covering should be routinely washed depending on the frequency of use. You have received two masks so you can wear one while the other is being washed. You should be careful not to touch your eyes, nose, and mouth when removing your cloth face covering, and wash your hands immediately after removing.
- Please do not share the cloth face masks with family members.