COVID-19 PREVENTATIVE MEASURES
HOW TO USE CLOTH FACE COVERINGS

THE OHIO STATE UNIVERSITY

covers nose and mouth

secured over ears/ behind head

Face coverings can be an effective means of slowing the spread of the infectious agent for many respiratory illnesses and may help slow the spread of COVID-19. Wearing a face covering does NOT provide complete protection and does not replace other ways of slowing virus spread such as:

- Staying away from public places & group gatherings
- Washing hands and using hand sanitizer often
- Practicing physical distancing
- Avoiding touching eyes, nose and mouth

HOW SHOULD FACE COVERINGS BE HANDLED?

- Masks and cloth face coverings should be handled assuming they are contaminated with the virus causing COVID-19.
- Face coverings should be removed without touching the inside. They should be immediately placed with dirty laundry, or stored in a plastic bag until they can be properly cleaned.
- Wash your hands after handling a used face covering or use hand sanitizer if hand washing is not an option. If possible, wash your face after removing a face covering.
- Cloth face coverings should be washed in hot water after each use. Follow CDC guidelines at go.ncsu.edu/cdclaundry.

HOW DO MASKS AND CLOTH FACE COVERINGS WORK?

- Proper use may restrict the spread of virus from an infected person, or prevent a healthy person from becoming infected.
- Facemasks are tested for their ability to trap viruses in respiratory droplets moving at high velocity, such as in a cough or sneeze.

For more info, visit:
www.cdc.gov/coronavirus/2019-ncov
Updated April 13, 2020
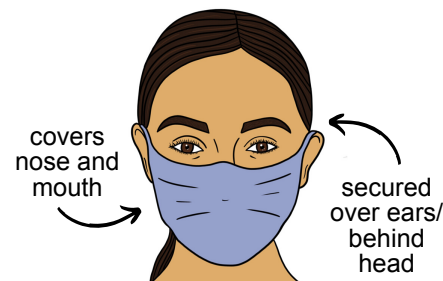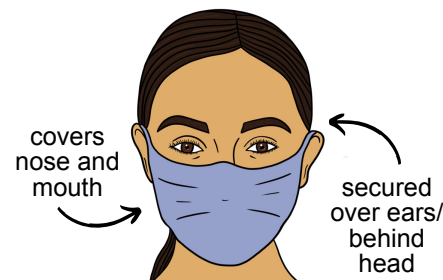
HOW SHOULD FACE COVERINGS BE WORN?

- Cloth face coverings can be uncomfortable to wear. A proper fit is tight over the nose, mouth and chin.
  - Shaving is not necessary for cloth face coverings or surgical masks.
- Cloth face coverings can help reduce disease transmission but wearing one does not provide absolute protection.
- According to CDC, wear cloth face coverings whenever interacting with the public or when caring for someone who is sick or may be infected.
- It is not necessary to wear a face covering while at home or outside for exercise.

NC STATE EXTENSION