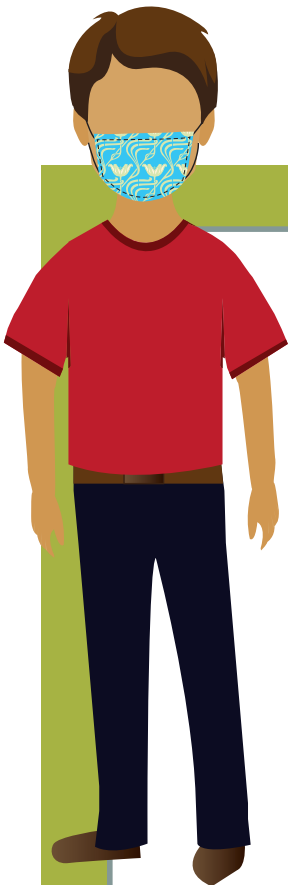# How to Use and Care for a Cloth Mask

Wearing a cloth mask in public will help slow the spread of the COVID-19 virus when a 2 metre separation cannot be maintained.

How to wear cloth face masks

Cloth face masks should:

- Fit snugly but comfortably against the bridge of the nose, underside of the chin and sides of the face.
- Be secured with ties or ear loops.
- Include multiple layers of fabric.
- Allow for breathing without restriction.
- Be able to be laundered and machine dried without damage or change to the shape.

Always perform hand hygiene before and after putting on a cloth mask.

How do I store my cloth mask?

When removing your cloth mask for storage, carefully fold the mask so the contaminated outside is folded inward and against itself. Then place the mask in a plastic or paper bag for storage. Do not store it in your pocket.
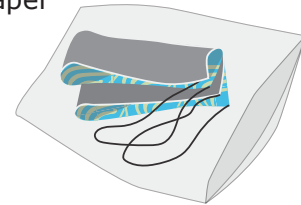
How often should cloth face masks be washed or otherwise cleaned?

Ideally after each use. If you only have one cloth face mask for the day it should be washed each day.

How do I safely remove a used cloth face mask?

When removing a cloth face mask, be careful not to touch your eyes, nose or mouth, and perform hand hygiene immediately before and after removing.

How can I safely clean a cloth face mask?

Machine wash or hand wash. Use regular laundry detergent in a hot water cycle. Wear gloves to protect from heat if hand washing.