



HOW TO SAFELY WEAR A CLOTH MASK



Before putting on the mask, wash your hands with soap and warm water for 20 seconds.

If soap and water are not available, use an alcohol-based hand sanitizer.



The mask should fit snugly but comfortably and cover your mouth and nose.

Avoid touching or adjusting the mask while using it. If you do, wash your hands immediately.



Remove the mask from the ear bands or ties. Do not touch the front of the mask.

After removal, wash your hands with soap and water for 20 seconds.



Do not contaminate other surfaces with the dirty mask.

Wash the mask after every use with laundry detergent and machine dry.



extension.psu.edu/coronavirus

extension.psu.edu

Penn State College of Agricultural Sciences research and extension programs are funded in part by Pennsylvania counties, the Commonwealth of Pennsylvania, and the U.S. Department of Agriculture.

This publication is available in alternative media on request.

Penn State is an equal opportunity, affirmative action employer, and is committed to providing employment opportunities to all qualified applicants without regard to race, color, religion, age, sex, sexual orientation, gender identity, national origin, disability, or protected veteran status.

© The Pennsylvania State University 2020 | Produced by Ag Communications and Marketing | Code 5778 | 05/20pdf