

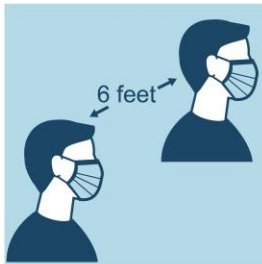
Cloth face coverings/masks DOs and DON'Ts

PREVENTION

For additional information call 1-833-4-ASK-ODH or visit coronavirus.ohio.gov.

Some people with COVID-19 have no symptoms and can spread the virus to others who are close by, through speaking, coughing, sneezing, or other means.

To help prevent this, the Centers for Disease Control and Prevention (CDC) has recommended that people wear cloth face coverings (masks) in public settings, such as grocery stores, to help slow the spread of COVID-19.



DO practice 6-foot social distancing even if you are wearing a face covering.



DO buy a covering or make one from household or common materials. Use multiple layers of a fabric that does not lose shape when laundered or machine dried.



DO wear face coverings so they fit snugly but comfortably and allow for breathing without restriction. Secure behind the head with ties or ear loops.



DO wear horizontally. Ensure that your nose, mouth, and chin are covered at all times.



DO wash your hands before putting on and immediately after removing.



DO regularly launder coverings in a washing machine.



DO NOT place cloth face coverings on children under age 2, or anyone unable to remove them without assistance.



DO NOT touch the mask while wearing it. If you do, wash your hands immediately.



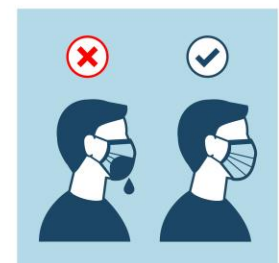
DO NOT allow the mask to slip under your nose or chin.



DO NOT untie straps/unhook ear loops while wearing.



DO NOT touch your eyes, nose, or mouth when removing the face covering.



DO NOT wear when wet from laundering or from spit or mucus.