

# Help Slow the Spread:

## *How to Use Cloth Face Coverings*

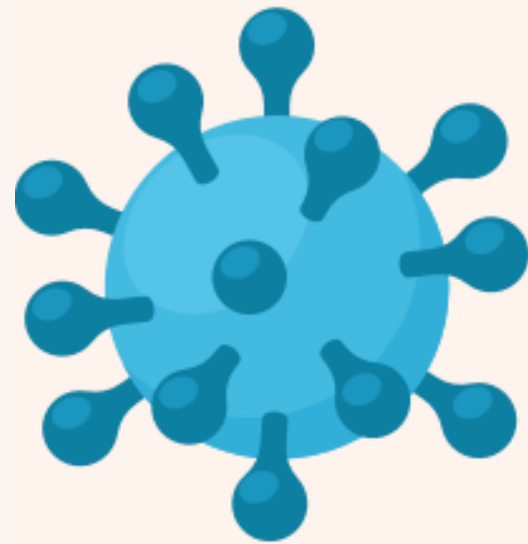
Cover your mouth and nose with a cloth face cover when around others.



It is recommended to wear a cloth face cover when you have to go out in public, like to the grocery store.



You could spread COVID-19 to others even if you do not feel sick.



Cloth face coverings should NOT be placed on:

- Young children under age 2
- Anyone who has trouble breathing
- Anyone who is unconscious, incapacitated, or otherwise unable to remove the mask without assistance

The cloth face cover is meant to protect other people in case you are infected.



Continue to keep at least 6 feet between yourself and others.

The cloth face cover is NOT a substitute for social distancing.

Wearing a face covering is not a substitute for good hygiene. Continue to wash your hands with soap and water.

