

Coronavirus Disease 2019 (COVID-19)

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How to Select, Wear, and Clean Your Mask

How to Select Masks

Updated Aug. 27, 2020

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CDC recommends that you wear [masks](#) in public settings around people who don't live in your household and when you can't stay 6 feet away from others. Masks help stop the spread of COVID-19 to others.

Overview

- Wear masks with two or more layers to stop the spread of COVID-19
- Wear the mask over your nose and mouth and secure it under your chin
- Masks should be worn by people two years and older
- Masks should NOT be worn by children younger than two, people who have trouble breathing, or people who cannot remove the mask without assistance
- Do NOT wear masks intended for healthcare workers, for example, N95 respirators
- CDC does not recommend the use of gaiters or face shields. Evaluation of these face covers is on-going but effectiveness is unknown at this time.

How to Select

When selecting a mask, there are many choices. Here are some do's and don'ts.

DO choose masks that	DO NOT choose masks that
 Have two or more layers of washable, breathable fabric	 Are made of fabric that makes it hard to breathe, for example, vinyl
 Completely cover your nose and mouth	 Have exhalation valves or vents, which allow virus particles to escape
 Fit snugly against the sides of your face and	 Are intended for healthcare workers, including N95



don't have gaps



respirators or surgical masks

Caution: Gaiters & Face Shields



Evaluation is on-going but effectiveness is unknown at this time



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Special Situations: Glasses



If you wear glasses, find a mask that fits closely over your nose or one that has a nose wire to limit fogging

Special Situations: Children



If you are able, find a mask that is made for children



If you can't find a mask made for children, check to be sure the mask fits snugly over the nose and mouth and under the chin



Do NOT put on children younger than 2 years old

How to Wear

Wear a mask **correctly** and **consistently** for the best protection.

- Be sure to wash your hands before putting on a mask
- Do **NOT** touch the mask when wearing it

Do wear a mask that

- Covers your nose and mouth and secure it under your chin
- Fits snugly against the sides of your face

For more information, visit our [How to Wear Masks](#) web page.



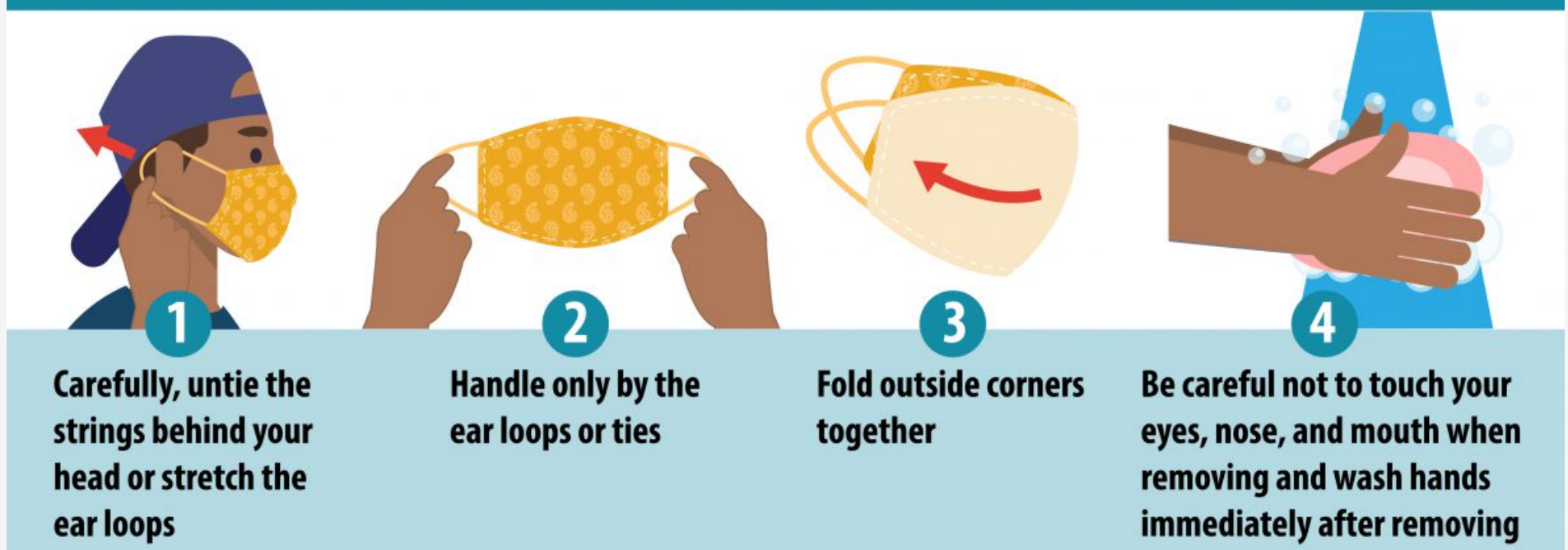
Do NOT wear a mask

Do NOT wear a mask



How to take off a mask

How to take off a mask



How to Clean

Masks should be washed regularly. Always [remove masks correctly](#) and [wash your hands](#) after handling or touching a used mask.

- Include your mask with your regular laundry
- Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the mask
- Use the highest heat setting and leave in the dryer until completely dry

For more information, visit our [How to Wash Masks](#) web page.



For more information, see our [Masks](#) web site. For information on the sources for our mask guidance, see [Recent Studies](#).

Last Updated Aug. 27, 2020