

INSTRUCTIONS FOR WEARING AND WASHING FACE COVERINGS

How to Wear a Cloth Face Covering

Cloth face coverings should — fit snugly but comfortably against the side 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 shape.

Should cloth face coverings be washed or otherwise cleaned regularly?

Yes. They should be routinely washed depending on the frequency of use. A washing machine is suffice in properly washing a face covering.

How to safely remove a used cloth face covering?

Be careful not to touch your eyes, nose, and mouth when removing your face covering and wash hands immediately after removing.

How to protect yourself from covid-19

Stay home and limit travel to only essential, maintain physical distancing, and wash your hands or use hand sanitizer and sanitize surfaces frequently touched by others.

If you have any questions for immediate needs related to COVID-19, call 2-1-1 or text COVID-19 to 211211



ONEIDA COUNTY
HEALTH DEPARTMENT