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Use of Cloth Face Coverings to Help Slow the Spread of COVID-19

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission.



CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

*The cloth face coverings recommended are **NOT** surgical masks or N-95 respirators. **Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.***

- [CDC Recommendations AND Instructions How to Make A Mask](#)
- [CNN's Mask Making Step-By-Step Instructions from the CDC](#)
- [Huffington Post: Coronavirus Face Masks - Everything You Need To Know](#)
- VIDEO DEMO: [CNN's Dr. Sanjay Gupta demonstrates the proper methods using materials](#)

