

Face Coverings and Masks: Advice and Information for the General Public

Version: June 2020

General Guidance

There are several things you can do to keep yourself and others safe from COVID-19, including:



- Wearing a cloth face mask
- Maintaining 6 feet of physical distance at all times
- Washing your hands frequently with soap and water for 20 seconds, or using a 60% alcohol-based hand sanitizer
- Self-monitoring for COVID-19 symptoms

Face Coverings/Masks

Wearing a cloth face covering or mask, as recommended by the Centers for Disease Control and Prevention and the World Health Organization, is important to help reduce COVID-19 transmission. COVID-19 spreads from person to person through respiratory droplets produced when an infected person coughs, sneezes, talks or raises their voice, which can be inhaled by people nearby. Cloth face masks, especially when combined with physical distancing and other preventive measures, can prevent these respiratory droplets from traveling from person to person.

Most people do not need medical-grade facemasks or N95 respirators – these should be reserved for health care providers in accordance with medical guidelines

You should wear a [cloth face covering](#) in all community settings, such as:

- Grocery stores
- Pharmacies
- Gas stations
- Restaurants, coffee shops and bars
- Work settings, stations, and other areas where in close proximity such as meat and poultry processing workers
- Limited social gatherings (If possible, hold gatherings outdoors; follow your state’s guidance and adhere to group size limits)
- Religious services
- Exercise facilities (Gyms, yoga studios)
- Airplanes, rideshares and taxis, trains, buses, subways

To optimize your face covering’s ability to reduce COVID-19 transmission:

- Masks/face coverings should be worn over the mouth and nose and under the chin
- Before putting on or taking off your masks/face coverings, wash your hands with soap and water or use a 60% alcohol-based hand sanitizer.
- Wash cloth face masks after each use and replace non-cloth face masks (i.e. surgical masks) when visibly soiled.