



DOS AND DON'TS OF CLOTH FACE COVERINGS



DO



- Wear it whenever going out in public
- Make sure it fits snugly and covers your nose and mouth
- Allow for breathing without restriction
- Wash your hands after removing it
- Regularly wash it to keep it sanitary



DON'T



- Use surgical masks or N-95 respirators intended for healthcare workers
- Use a face covering on:
 - Children under the age of 2
 - Anyone who has trouble breathing
 - Anyone who is unconscious, incapacitated, or unable to independently remove it



Indiana State
Department of Health

Information Adapted from the CDC. Published on April 16, 2020. If you see different information published at a more recent date, use the most current recommendations.