How to care for your mask

*Wash the mask before wearing*

1. Wash your hands with soap and water for at least 20 seconds (or alcohol-based sanitizer).
2. Place your mask on your face with the exterior side facing out.
   - Hold by the ear loops to avoid touching the body of your mask.
3. Secure your mask to your face with the ear loops.
4. Wash your hands.

**Putting on your mask:**

**Wearing your mask:**

1. Cover your mouth and nose. Make sure there are no gaps between your face and your mask, covering your nose and mouth, with the bottom edge under your chin.
2. Avoid touching your mask, your face, or pulling your mask down. If you do, wash your hands.
3. Do NOT share your mask.
4. When wearing your mask for an extended period of time, be sure to take frequent breaks.

**Removing your mask:**

1. Wash your hands with soap and water for at least 20 seconds (or alcohol-based sanitizer).
2. Remove your mask with the ear loops. Try to not touch the body of your mask.
3. Wash your hands.

**Cleaning/storing your mask:**

1. Wash your hands with soap and water for at least 20 seconds (or alcohol-based sanitizer).
2. Wash your mask in a laundry machine.
   - Air drying is recommended, but you can tumble dry on medium heat.
3. Store your mask in a dry clean bag.

To share or print:
safety.fsu.edu/Cloth_Mask_Care_Instructions.pdf

Additional guidance on cloth face coverings can be found at:
safety.fsu.edu/resources/covid.php#topic1