

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/easy-to-read/diy-cloth-face-coverings.html>

Wear a Mask the Right Way

First, wash your hands.

Put the mask on your face.

Put the loops behind your ears.

The mask must cover your nose.

The mask must cover your mouth.

The mask must fit under your chin.

The mask must be snug on your face.

Make sure breathing is easy.

Masks may feel different.

Practice wearing a mask.

Practice will help you get used to wearing a mask.

Protect Everyone from COVID-19

Wear a mask to protect yourself.

Wear a mask to protect your friends.

Wear a mask to protect your family.

Wear a mask to protect everyone.

Keep the mask on your face.

Keep your hands off your face.

Keep your hands off your nose.

Keep your hands off your mouth.

Stop COVID-19 Every Day

Stay at least 6 feet away from people outside your home.

Stay away from people who are sick.

Wear a mask to protect everyone.

Wash your hands often.

Wash your hands with soap and water.

Wash your hands for 20 seconds.

Sing the happy birthday song twice while washing your hands.

Use hand sanitizer if that is all you have.

Rub the hand sanitizer all over your hands.

Rub your hands until they feel dry.

Washing your hands with soap and water is best.

Take Off Your Mask When You Get Home

Keep your hands off the front of the mask.

Touch only the strings or loops.

Use the strings or loops to take off the mask.

Fold the mask.

Put the mask in the laundry.

Wash your hands with soap and water.

Development of these materials was supported by a grant from the CDC Foundation, using funding provided by its donors. The materials were created by the Center for Literacy & Disability Studies, Department of Allied Health Sciences, University of North Carolina at Chapel Hill and the Center for Inclusive Design and Innovation at Georgia Tech. Centers for Disease Control and Prevention (CDC) provided subject matter expertise and approved the content. The use of the names of private entities, products, or enterprises is for identification purposes only and does not imply CDC endorsement.