

# Stop the Spread:

Here are important steps to Stop the Spread by correctly using cloth face masks:

## A. How to Use:

1. Before use, wash your hands with soap and water for 20 seconds.
2. Mouth and nose should be fully covered.
3. Secure with ties or ear loops.
4. Cover it with beard net.

## B. How to Remove:

1. Remove it from behind (do not touch the front of the cloth mask).
2. Wrap it in a clean paper towel.
3. Discard gloves.
4. Wash your hands with soap and water for 20 seconds.

## C. Taking Care of It:

1. Avoid touching while wearing it; if you do, wash your hands for 20 seconds.
2. When not in use wrap it in a clean paper towel.

## D. How to Launder:

1. Cloth masks should be washed daily.
2. Launder in the washing machine with soap.
3. Dry in the machine.
4. Keep it clean and sanitary.

