

**This mask has been donated by University of Nevada, Reno
Extension 4-H Youth Development**

How to protect yourself and others:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

How to wear a cloth face covering:

Cloth face coverings should

- Fit snugly but comfortably against the side of the face
- Be secured with ties or ear loops
- Include multiple layers of fabric
- Allow for breathing without restriction
- Be able to be laundered and machine dried without damage or change to shape



Recommendations and image sourced from "Use of Cloth Face Coverings to Help Slow the Spread of COVID-19" Visit link to view current recommendations
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

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