National Center on



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Health, Behavioral Health, and Safety

How to Wear and Store Your Face Masks

Wash your hands for 20 seconds with soap and water before and after touching your mask.

Hold your mask by the ear loops or ties and wear it snugly over your nose, mouth, and chin.



Store face masks in a labeled paper bag or breathable container

Clean your cloth face masks daily with soap or detergent and water and dry them completely. If they have a filter, change it every day. Do not wash and reuse disposable surgical or KN95 masks—wear a new one each day.



Replace dirty or wet masks with clean masks





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Who should wear masks? Children over 2 years of age and anyone able to put a mask on and off themselves.

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