

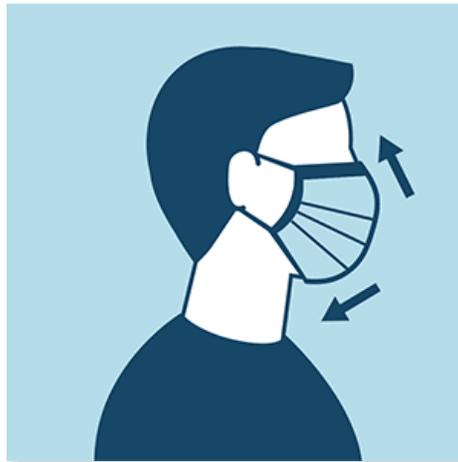
# Which Mask Do I Wear?

The Memphis  Medical Society

## Public Masking Will Flatten the Curve

The CDC recommends cloth face coverings which:

- fit snugly but comfortably against the side of the face
- are secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- can be laundered and machine dried without damage



### HOW TO REUSE YOUR COTTON MASK

Do not touch the front of the mask. [Click here for a video demonstration.](#)

Wash your hands before and after putting on and taking off a mask.

Wash masks in hot water after each use.

[Click here for no-sew instructions for homemade masks.](#)

[Click here for sewing instructions for homemade masks.](#)

[mdmemphis.org](http://mdmemphis.org)

1

### LEAVING YOUR HOUSE? GRAB A MASK!

Masks are needed in public spaces such as grocery stores

2

### WHICH FABRIC IS BEST?

100% tightly woven cotton is best. The virus may live longer on synthetic, polyester and spandex.

3

### SAVE MEDICAL MASKS

N95 respirators and surgical masks are not needed by the public. Save the supply of these for healthcare providers.