

# How to Clean Your Face Masks

The Centers for Disease Control and Prevention and the California Department of Public Health recommend washing cloth masks every day you wear them.



**Take off the mask using the ear loops or ties.**



**Wash in hot water with detergent, then dry them on a hot cycle.**



**Washing by hand? Soak the mask in 4 teaspoons of bleach mixed with 1 quart of tepid water for 5 minutes.**



**Rinse and dry completely before wearing.**



**Toss out any masks that have stretched out ear loops, tears in the cloth, or that no longer cover your nose and mouth securely.**

***Disposable paper face masks are for one-time use only!  
Cut the ear loops and throw it away after you take it off.***