



THE OHIO STATE
UNIVERSITY

Safe and Healthy Buckeyes

Face Mask Guidelines

Sources: [U.S. Food and Drug Administration](#) and [Ohio Department of Health](#)

Face masks should:

- Cover the nose and extend below the chin.
- Fit snugly but comfortably against the side of the face.
- Allow for breathing without restriction
- Be secured with ties or ear loops.
- Include multiple layers of fabric (tightly woven cotton is most effective).
- Be used by only one person and not shared.

How to Wash Cloth Face Masks

Source: [Centers for Disease Control and Prevention](#)

How to clean

Washing machine

- You can include your face mask with your regular laundry.
- Use regular laundry detergent and the warmest appropriate water setting for the material used to make the face mask.

Washing by hand

- Prepare a bleach solution by mixing:
 - 5 tablespoons (1/3rd cup) household bleach per gallon of room temperature water or
 - 4 teaspoons household bleach per quart of room temperature water
- Check the label to see if your bleach is intended for disinfection. Some bleach products, such as those designed for safe use on colored clothing, may not be suitable for disinfection. Ensure the bleach product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser.
- Soak the face mask in the bleach solution for 5 minutes.
- Rinse thoroughly with cool or room temperature water.

Make sure to completely dry the cloth face mask after washing.

How to dry

- **Dryer:** Use the highest heat setting and leave in the dryer until completely dry.
- **Air dry:** Lay flat and allow to completely dry. If possible, place the cloth face mask in direct sunlight.