Wearing a Face Covering in the Summer

It’s important to wear a face covering whenever you go out. We know it’s going to be hot during the summer months, but the following tips will help you be a little more comfortable while you do your part to stop the spread!

Wearing Your Face Covering

- Use two or more layers of 100% cotton material.
- The lighter the color, the less heat it will attract.
- Keep an extra with you to change out in the heat.
- Using clean hands, fit it over your nose and mouth. Some find that face coverings that tie are easier to fit, but you should find what works best for you.
- Once it’s on, keep hands off except when removing!
- Use clean hands to remove.
- Wash your face afterwards, and moisturize if needed.

Caring for Your Face Covering

- Wash with soap and hot water after each use.
- Dry in a dryer or on a clothesline in sunlight.
- Discard if they become worn or won’t remain in place comfortably.

If you have respiratory issues or other underlying health issues, contact your health care provider regarding face coverings and other COVID-19 preventive measures.

If you have to wear a face covering for an extended period of time, take a break and get some fresh air when you can safely do so.

Take measures to reduce heat exhaustion:
cdc.gov/disasters/extremeheat/heattips.html
alabamapublichealth.gov