



Adjusting the Fit of Cloth Face Coverings

The first step in protecting yourself and others from COVID-19 is wearing a cloth face covering. Wash your hands before putting on a mask.

Make sure the mask covers your mouth, nose and fits snugly against the sides of your face. While you wear your cloth face covering, you should be able to breathe easy, speak regularly and have your mask stay in place.

To support keeping students and staff healthy and safe as schools reopen, the state has provided five cloth face coverings for all K-12 students, teachers and staff across North Carolina schools. The three-layer, cotton, reusable face coverings, manufactured by Hanes (see picture right), were shipped directly to schools.



Hanes Face Covering

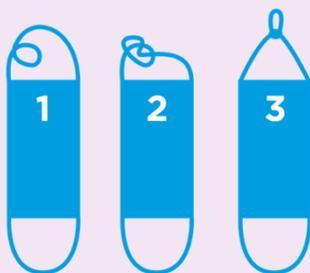
The cloth face coverings come in a universal size with a height of 5-1/4" and width of 7-1/4", which falls within the [recommended measurements](#) for children. If the face coverings are too large for very young children, schools are encouraged to tie the ear loops so that the face coverings will not hang off the side of the face and chin.



Cloth face covering ear loops can be twisted on one or both sides to help adjust for comfort of the wearer.



Cloth face coverings can also be adjusted by tying a simple slip knot to help adjust for the size of the wearer.



How to Tie a Slip Knot

1. Take the ear loop and lay it over itself creating a small circle with the fabric.
2. Take the upper portion and pull it behind and then through the circle creating a small loop.
3. Pull the small loop that was just created snugly and repeat for the other side.

Watch a video showing how to tie a slip knot: <https://youtu.be/Gu-VcebPWIE>

Taking these steps will help make sure our schools are better protected against the spread of COVID-19!