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## Expert Help: Question of the Month

By: [Terri Dougherty](#)

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### **Question:** How often should I wash my cloth face mask?

**Answer:** A cloth face mask should be washed after each use. Fortunately, it's not difficult to do.

The Centers for Disease Control and Prevention (CDC) says masks can be washed with a regular load of laundry. You can use regular laundry detergent; nothing special is needed.

When setting the water temperature, choose the warmest setting that's appropriate for the cloth that's used to make the mask.

Another option is to wash it by hand in a bleach solution. The bleach should be the kind intended for disinfection (a bleach product designed for safe use on colored clothing might not disinfect).

To wash a mask by hand, the CDC suggests this process:

- Using room temperature water, mix a third cup of bleach with a gallon of water or four teaspoons of bleach with a quart of water.
- Soak the mask in the bleach solution for 5 minutes.
- Rinse thoroughly with cool or room temperature water.

A mask can be dried in a dryer on the highest heat setting or air dried (ideally in direct sunlight) until it's completely dry.

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