

How to Wear a Mask

Who should wear a mask?

Everyone over the age of 2 should wear a mask in public. It is one of the best tools you have to protect yourself, your family, and others from COVID-19.

✓ DO'S



Wash or sanitize your hands before and after touching your mask.



Wear the cloth face covering snugly but comfortably over your nose and mouth. If it hurts your ears, try one that ties behind your head instead of looping over your ears.



Keep it on over your mouth and nose when speaking with others or when on the phone.



Wear the cloth face covering in public until you need to eat or drink, then make sure to keep it clean and uncontaminated.

✗ DON'TS



Don't let the mask sit under your nose. If it gapes open, it's not doing its job.



Don't touch your cloth face covering when wearing it.

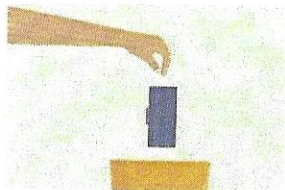


Don't adjust your mask too much, and refrain from pulling on or touching the front of your mask.

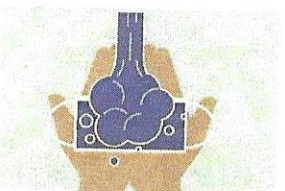
REMOVING AND STORING A MASK



1. Make sure you are more than 6 feet from others and then remove the mask by touching the ear loops or ties only.



2. Place your mask in a clean paper bag, container, or on a designated surface.



3. Wash your mask after each day's use and store it in a clean bag or container.