

HOW TO PROPERLY WEAR A MASK

FOLLOW THESE GUIDELINES TO PROPERLY WEAR YOUR FACE MASK



Wash your hands before and after touching the mask



Touch only the bands or ties when putting on and taking off your mask



Make sure the mask fits to cover your nose, mouth and chin. If you adjust the mask to cover those areas, wash your hands before and after.



Make sure you can breathe and talk comfortably through your mask.

TO PROTECT YOURSELF AND OTHERS, AVOID THESE COMMON MASK-WEARING MISTAKES



Don't touch your mask or anybody else's mask while its being worn



Don't wear your mask under your chin with your nose and mouth exposed



Don't leave your nose or mouth uncovered



Don't remove the mask while around others in public



Don't share your mask with family members or friends, especially after being worn