How to Safely Wear a Mask

Wearing a mask is for both your protection and the protection of those you are in contact with.

1. **Choose a disposable or cloth mask** with two or more layers of washable, breathable fabric. Do not choose a mask made with vinyl or fleece materials, neck gators, handkerchiefs, or bandanas, as these do not provide adequate protection. If you choose to wear a face shield, this should be worn in addition to a face mask.

2. **Wash your hands** before putting on your mask.

3. **Completely cover your nose and mouth**, secure it under your chin, and fit snugly against the sides of your face and don't have gaps.

4. **Make sure you can breathe easily**: do not place a mask on a child younger than two years old.

5. **Take your mask off only to eat and drink** when you're in a public setting.

6. **When taking your mask off**, handle by the ear loops or ties only, and fold outside corners together. Store damp mask in a plastic bag to wash later, or dry mask in a paper bag. It may be helpful to have a labeled storage bag with a clean mask for each day of the week.

7. **Wash cloth masks every day that you wear them**. This can be done in the washing machine or by hand.

8. **Wash your hands** with soap and water after handling your mask.

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