HOW TO SAFELY WEAR A MASK

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

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.









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



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



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



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.



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



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

