

HOW TO WEAR A FACE MASK

Proper face mask usage is important to prevent the spread of illness. This includes proper techniques for wearing the mask, taking it on and off, and storing it.

HOW TO PROPERLY PUT YOUR MASK ON



1 Wash your hands with soap and water or use an alcohol-based hand sanitizer before touching the mask.



2 If your mask has ear loops, use the ear loops to secure behind your ears.



3 If your mask has ties, bring the mask to nose level and tie the top straps across the upper part of your head, above the ears. Bring the mask over your mouth and under your chin. Once it is secure, tie the lower straps behind your neck.



4 Mold or pinch the area around your nose so the mask fits securely. Make sure it covers both your nose and chin.

Helpful Tips



- **Do not** touch the front of the mask.
- **Do not** forget to cover your chin.
- **Do wear it securely over your nose**, from the bridge of your nose to below your chin.
- **Do make sure it is fastened securely and fits snugly** on both sides, with **no gaps**.

HOW TO REMOVE A FACE MASK



1 Wash your hands thoroughly with soap and water or use an alcohol-based hand sanitizer.



2 Do not touch the front of the mask.



3 Use the ear loops to remove the mask. If your mask has ties, untie the bottom string first, then the top, and use the ties to pull the mask away from your face.



4 Properly dispose of your mask if necessary, or store it safely. Clean your hands.

Helpful Tips



- **Wash and dry cloth masks daily.**
- **Store masks in a clean, dry location**, like a paper bag. They should be carefully folded so that the outer surface faces inward.
- Make sure to **clean hands before and after** handling your mask.
- If you use a disposable mask, be sure to **dispose of it properly**.