

HOW TO WEAR & CARE FOR A FACE COVERING

Continue to practice **social distancing** and **proper hand washing** to keep yourself and your community healthy.

CLEAN YOUR HANDS

- Wash hands before, after, and while wearing
- Wash with soap and water for 20 seconds
- Use hand sanitizer if no soap and water



SECURE BEHIND YOUR EARS



- Wrap the straps behind your ears
- Allow for breathing without restriction
- If it feels tight, consider a different model

COVER YOUR MOUTH AND NOSE

- Fully cover your nose and mouth
- Should fit snugly but comfortably against the side of your face



AVOID TOUCHING YOUR FACE



- Avoid touching your eyes, nose, and mouth
- Avoid touching front of the face covering
- When taking off, pull by the straps and fold the front side inwards

WASH AFTER EVERY USE

- Wash in between each use
- Use warm water and soap, or washing machine
- Leave out to air-dry or use dryer
- Throw away disposable masks after each use



DO YOUR PART TO PROTECT YOUR COMMUNITY



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