

Caring for your face mask

- Always place the same side toward your face.
- Be careful not to touch your eyes, nose, and mouth when removing your face covering and wash hands immediately after removing.
- Store in a dry paper bag between uses.
- If your mask is cloth, machine wash in hot water with soap and dry on a regular basis.

Masks do not lessen the importance of these prevention measures:

Clean your hands often



- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.



Avoid touching your eyes, nose, and mouth with unwashed hands



Practice social distancing

- Avoid close contact with people who are sick.
- Put distance between yourself and other people. This is especially important for people who are at higher risk of getting very sick.

HOW TO WEAR A FACE MASK PROPERLY



1
Clean your hands with soap and water or hand sanitizer



2
Hold the mask by the ties or ear loops and place a loop around each ear



3
Mold or pinch the stiff edge to the shape of your nose



4
Pull the bottom of the mask over your mouth and chin



5
Avoid touching the front of the mask when wearing