

# How to Properly Wear a Face Mask



## FOLLOW THESE GUIDELINES TO PROPERLY WEAR YOUR FACE MASK



Wash your hands before and after touching the mask.



Touch only the bands or ties when putting on and taking off your mask.



Make sure the mask fits to cover your nose, mouth and chin. If you adjust the mask to cover those areas, wash your hands before and after.



## TO PROTECT YOURSELF AND OTHERS, AVOID THESE COMMON MASK-WEARING MISTAKES



We do not recommend wearing bandanas, gaiters, masks with exhalation valves or clear shield-like face masks\* as face coverings.



Don't touch your or your child's mask while it is being worn.



Don't wear the mask under your chin with your nose and mouth exposed.

