MASK ETIQUETTE
The Do's & Don'ts of Wearing a Mask

Properly wearing a "cover your cough" or mask can help protect both you and those around you from getting sick. It is important that you follow infection prevention precautions when putting on and taking off the mask, including washing your hands with soap and water or using hand sanitizer before and after touching, adjusting, or removing your mask.

How to Put on a Mask

1. Clean your hands with soap and water or hand sanitizer before touching the mask.
2. Wear the mask with the colored side facing out and the stiff bendable edge on the top.
3. Hold the mask by the ear loops, place a loop around each ear.
4. Mold or pinch the stiff edge to the shape of your nose.
5. Pull the bottom of the mask over your mouth and chin.

How to Take off a Mask

1. Clean your hands with soap and water or hand sanitizer before touching the mask.
2. Only touch the ear loops. Hold both of the ear loops and gently lift and remove the mask.
3. For reuse, store the mask in a paper bag (or other breathable container), NOT a plastic bag, with your name on it or hang it on a hook. When redonning the mask, follow the same procedure as above making sure to keep the colored side facing out.
4. If discarding the mask after it becomes soiled or at the end of the day, throw it in the trash.

X DON'T wear your mask below your nose.

X DON'T wear your mask loosely with gaps on the side.

X DON'T wear your mask so your chin is exposed.

X DON'T wear your mask around your neck.

X DON'T wear your mask inside out.

✔ DO wear your mask all the way up, close to the bridge of your nose, and all the way down under your chin. Tighten the loops so it's snug against your face with no gaps.

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