Using a Mask

Follow these guidelines for proper wearing of your mask.

**Putting on a Mask**

1. **Wash your hands** thoroughly with soap and water for at least 20 seconds and dry.
2. **Hold only the ear loops or straps, and do the following:**
   - **A.** Face mask with ear loops: Grab the ear loops and pull them over and around your ears, one at a time.
   - **B.** Face mask with straps: Tie the top straps in a bow behind your head. Tie the bottom straps in a bow below your ears at the bottom of your hairline.
3. **Cover your nose, mouth, and chin with the mask.** There should be no gaps between the mask edges and your face. You should be able to breathe and feel comfortable wearing the mask.
4. **Wash your hands again** (follow step 1).

**How Not to Wear a Mask**

- **DON’T** wear the mask below your nose.
- **DON’T** touch front fabric.
- **DON’T** leave your chin exposed.
- **DON’T** push your mask under your chin to rest on your neck.

**Removing a Mask**

1. **Wash your hands** before removing the mask.
2. **Try not to touch** the part of the mask that covers your nose and mouth. It may be contaminated.
3. **Untie the straps or remove the ear loops and take off the mask by holding only the straps or loops.**
4. **Wash your hands** (follow step 1).

**Caring for Cloth Masks**

1. **Wash** the mask after every use in your washer, or hand wash, using laundry soap and hot water.
2. **Dry** the mask with high heat—either in a dryer or using a hair dryer.
3. **If you notice damage,** or if the cloth mask is heavily soiled, it’s best to discard and use a new cloth mask.