

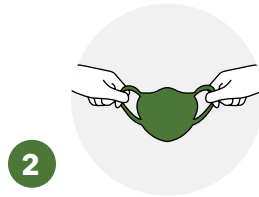
# Using a Mask

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.