How to Wear a Mask

Protect yourself and others from COVID-19

How should I put my mask on?

- Hold the ear loops.
- Color side out
- Thick fold on top
- Put the loops around your ears.
- Pull the bottom around your chin.
- Bend the top to fit your nose.

Have you worn this mask before?

Wash your hands **again** after you put the mask on!

How should I take my mask off?

- Hold the ear loops.
- If you’re going to **reuse** it, put it in a clean paper or plastic bag.

- If you can see it is **dirty or damaged**, throw it away.

Don’t touch your face.