

How to Wear a Mask

Protect your Friends and Family - Stop the Spread!



Masks Should

- 1 Sit closely below your eyes and **completely** cover your nose.
- 2 **Tuck** under your chin and be **tight** on the sides of your face.
- 3 **Not be taken off to talk** — defeats the purpose of wearing a mask. Expect to have to talk louder.
- 4 **Fit tightly to your face** — if it feels warm or slightly damp, that's normal [it's from your breath].
- 5 **Be washed and dried daily** — if it's wet, it's not working.

REMEMBER, it is still important to maintain a **6-foot distance** from other people and **wash your hands frequently, even with a mask.**

