

# HOW TO SAFELY WEAR A MASK OR FACE COVERING



1 Before putting it on, wash your hands and place hair away from your face.



2 Place the covering over your nose and mouth, making sure there are no gaps and it fits snugly.



3 Avoid touching your face or mask while wearing it. Do not leave the mask on your neck, forehead or hanging from your ear.



4 Change the face covering as soon as it gets soiled or damp.



5 Remove it without touching the outside of the mask.



6 Throw out disposable masks in a lined garbage bin. Launder cloth masks before wearing again. Wash your hands & clean any surfaces the dirty mask touches.