

# HOW TO PROPERLY USE A FACE MASK

*Remember: Facemasks are only effective in combination with frequent hand washing and keeping social distancing. Stay six feet away from others in public.*

## Cover your mouth and nose with a facemask when around others in public



- You could spread COVID-19 to others even if you do not feel sick so always wear a facemask or cover when you go out in public.
- Do not use a facemask or face covering on children under the age of two, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- Do NOT use a facemask meant for a healthcare worker.
- A facemask is not a substitute for social distancing — keep about 6 feet between yourself and others.

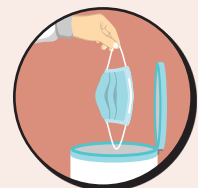
## How to properly put on a facemask

1. Before putting on the mask, wash your hands with soap and water for at least 20 seconds.
2. Cover your mouth and nose and make sure there are no gaps between your face and the mask.
3. Avoid touching the mask when you are wearing it. If you do touch the mask, wash your hands with soap and water.



## How to properly take off a facemask

1. Do not touch your eyes, nose or mouth when removing the mask. Remove the mask by grasping the ear loops or untying it from the back.
2. Dispose of single-use masks immediately. Reusable masks should be machine washed frequently.
3. Wash your hands with soap and water after removing the mask.



## Resources

How to make your own face mask:

- [www.cdc.gov/coronavirus/2019-ncov/downloads/DIY-cloth-face-covering-instructions.pdf](http://www.cdc.gov/coronavirus/2019-ncov/downloads/DIY-cloth-face-covering-instructions.pdf)
- [www.youtube.com/watch?v=tPx1yqvJgf4](https://www.youtube.com/watch?v=tPx1yqvJgf4)

Additional information:

- [www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html](http://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html)
- [www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks](http://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks)

## Facemask coverings should:

- Fit snugly but comfortably against the side of the face
- Be secured with ties in back or ear loops
- Include multiple layers of clean fabric
- Allow for breathing without restriction
- Be able to be laundered and machine dried without damage or change to shape

