COVID-19 Mask Do’s and Don’ts Transcript

Do this when buying, wearing, removing, and reusing masks.

Wear a well-fitting mask over your nose and mouth if you are in public indoor settings and crowded outdoor settings.

Wear a high-quality mask if possible. Examples of high-quality masks are N95 or KN95 masks, which are very good at blocking droplets.

If you cannot get that type of mask, wear a well-fitting mask with at least two layers of tightly woven fabric. You can also layer a disposable mask under a cloth mask to increase effectiveness.

Before putting on your mask, wash your hands with soap and water or use an alcohol-based hand sanitizer.

Your mask should fit snugly around your mouth and nose, with no gaps.

If the mask has a metal wire, pinch the wire to fit the bridge of your nose.

Avoid touching the mask while wearing it.

If you do touch your mask, wash your hands or use an alcohol-based hand sanitizer.

When taking off your mask, do not touch the front. Remove your mask using the straps or loops that go around your ears or behind your head.

After removing your mask, immediately wash your hands or use an alcohol-based hand sanitizer.

Follow the instructions that came with your mask for when it should be thrown away or replaced.

Wash cloth masks after every use and let them dry fully before the next use.

If you are reusing an N95 or KN95 mask, store them in a paper bag. Do not wash.

Do not wear any mask that is dirty, damp, or damaged.

My mask protects you and your mask protects me.

Visit health.mn.gov for the most up-to-date information on COVID-19.

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