Tips for Wearing a Mask

Who should not wear a mask?
- Children under age 2.
- Anyone needing help to remove the mask.
- People who have trouble breathing.

Do:
- Clean your hands before and after touching your mask.
- Continue to stay 6 feet away from others.
- Use the mask ties or ear straps to put it on and take it off.
- Find the type of mask that works for you.
- The mask must cover your nose and fit close under your chin.
- Encourage others to wear a mask.
- Wash the mask each time you use it.

Do not:
- Wear a dirty or damaged mask.
- Wear the mask below your nose.
- Leave your chin uncovered.
- Pull the mask down to under your chin.
- Touch the front of the mask.
- Share your mask with other people.
- Wear a surgical or N95 mask unless you have to wear one at work.