

MASK OUT COVID:

# How to Wear Your Facemask the Safe, Smart Way

When worn properly, a facemask is an important way to prevent the spread of COVID-19.

## THE RIGHT WAY



Make sure your facemask completely covers your nose and mouth and is secured snugly under your chin.

Wash your hands before you put on, and after you take off, your mask.



Touch only the ties or ear loops when putting on or taking off your facemask.

If your mask has a metal wire running along the top edge, mold it over the bridge of your nose to help contain droplets.



Laundry your cloth facemask between uses, especially when visibly soiled.

Store masks in a clean environment.



## THE WRONG WAY



Don't touch the outside of your mask while you are wearing it.

Don't reuse disposable masks. Throw away after single use.



Don't wear a mask that's too loose or slides down your face.

Don't lower your mask so you can talk.



Don't rest your mask around your neck or under your chin.

Don't hang your mask off your ear.



For more information, review the CDC's recommendations [HERE](#)



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