

# How to Wear Your Mask

Combined with everyday preventive actions and social distancing in public settings, masks are an additional step to help slow the spread of COVID-19.

- **CDC recommends that people wear masks in public** and when around people who don't live in your household.
- **Masks should NOT be worn by children under age 2 or anyone who has trouble breathing**, is unconscious, incapacitated, or otherwise unable to remove the mask without assistance.
- **Do NOT use a mask meant for a healthcare worker.** Currently, surgical masks and N95 respirators are critical supplies that should be reserved for healthcare workers and other first responders.



## Wear Your Mask Correctly

- Before putting on your mask, wash your hands thoroughly
- Cover your nose and mouth and secure the mask under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily



## Wear a Mask to Protect Others

- Wear a mask that covers your nose and mouth to help protect others in the event you're infected with COVID-19 but don't have symptoms
- Wear a mask correctly for maximum protection
- Don't put the mask around your neck or up on your forehead
- Don't touch the mask, and, if you do, wash your hands or use hand sanitizer to disinfect



## Take Off Your Mask Carefully, When You're Home

- Place mask in the washing machine or throw away if single use
- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place mask in the washing machine (learn more about how to wash masks)
- Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing

