How to Wear a Mask

Follow these guidelines for the best protection from your mask.

- **COVER NOSE**
- **COVER MOUTH**
- **PLACE PLEATS DOWNWARD**
- **KEEP LOOPS BEHIND EARS**
- **HANDLE MASK USING LOOPS ONLY**

**COMMON MISTAKES**

**DON’T WEAR YOUR MASK:**

- **UNDER YOUR NOSE**
  - **WHY?** You may breathe unfiltered air in and out of your nose.

- **UNDER YOUR CHIN**
  - **WHY?** Contaminants on the outside of your mask can transfer to your skin.

**HANGING FROM EAR**

- **WHY?** The inside of your mask can become contaminated.

**DON’T CROSS STRAPS to shorten**

- **WHY?** Crossing can cause gaps on the side of the mask and allow you to breathe contaminated air.
  - **INSTEAD:** Tie a small knot in the loop behind the ear. Make sure when you knot straps or use an ear-saver that there are no side gaps.

**DON’T TOUCH**

- **WHY?** You may get the virus on your hands and spread it to someone else.
  - **INSTEAD:** Only handle by straps/loops.

**DON’T PUT IN POCKET**

- **WHY?** Contamination from your mask will get in your pocket and possibly spread to keys, wallet, or hands.
  - **INSTEAD:** Place in a breathable bag or if the mask is wet, hang by the loop to dry.