How to Safely Wear and Take Off a Mask

**WEAR YOUR MASK CORRECTLY**
- Wash your hands before putting on your mask
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Do not place a mask on a child younger than 2

**USE A MASK TO HELP PROTECT OTHERS**
- Wear a mask to help protect others in case you’re infected but don’t have symptoms
- Keep the mask on your face the entire time you’re in public
- Don’t put the mask around your neck or up on your forehead
- Don’t touch the mask, and, if you do, clean your hands

**FOLLOW EVERYDAY HEALTH HABITS**
- Stay at least 6 feet away from others
- Avoid contact with people who are sick
- Wash your hands often, with soap and water, for at least 20 seconds each time
- Use hand sanitizer if soap and water are not available

**TAKE OFF YOUR MASK CAREFULLY, WHEN YOU’RE HOME**
- 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
- Wash your hands with soap and water

Personal masks are not surgical masks or N-95 respirators, both of which should be saved for health care workers and other medical first responders.

For instructions on making a mask, see: cdc.gov/coronavirus