# 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.

Link to CDC Website: [How to Safely Wear and Take Off a Mask](https://www.cdc.gov/coronavirus/2019-ncov/downloads/cloth-face-covering.pdf) (https://www.cdc.gov/coronavirus/2019-ncov/downloads/cloth-face-covering.pdf)

The End