A GUIDE TO MASK USE

When selecting a mask, choose a mask that:

- Fits snugly but comfortably against the side of the face

- Completely covers the nose and mouth

- Includes multiple layers of fabric

- If you wear glasses, find a mask that fits closely over your nose or one that has a

- Nose wire to limit fogging

Before putting on a mask, clean hands with alcohol-based hand rub or soap and water.

How to take off a mask:

Masks are an effective way to prevent the spread of COVID-19. However, it's important to wear and care for them properly. That includes washing your mask after every use and taking care not to touch any germs from your mask. Here's the proper way to take off a mask:

- Unhook the mask by the mask strings
- Handle only by the ear loops or ties
- Fold outside corners together
- Be careful not to touch your eyes, nose, or mouth
- Wash your hands immediately after removing (or use a hand sanitizer with at least 60 percent alcohol)