

How to wear a facemask to prevent the spread of COVID-19



Overview

Wearing face masks or cloth face coverings helps prevent the spread of COVID-19. For masks to work, they have to be worn properly. Choose a mask with two or more layers of washable, breathable fabric that completely covers your mouth and nose and fits snugly against the sides of your face, leaving no gaps. Do not wear a mask that is too loose on the sides. Do not pull the mask low on your nose, below your nose, or below your mouth or chin. Do not leave your chin or your mouth exposed or dangle the mask from one ear. Do not wear the mask in any other way that does not entirely cover your mouth and nose. Wash your hands before and after wearing the mask and use only the loops of the mask to put it on and take it off. Do not touch the front of the mask while wearing it. If you use a cloth mask, wash it and dry it daily and keep it in a clean, dry place.

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