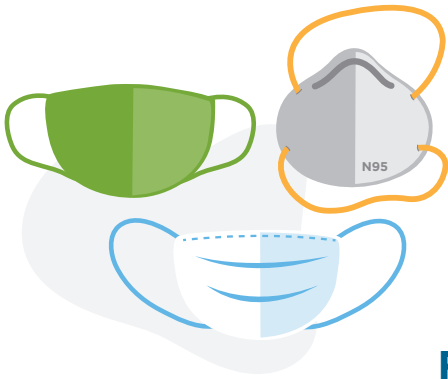
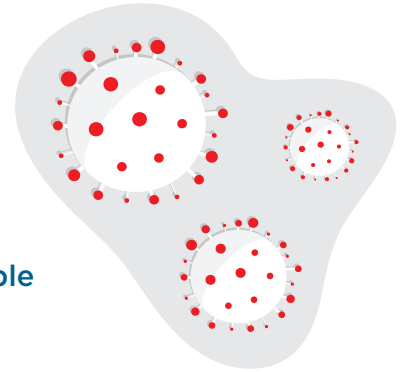


# Face Mask Best Practices



Masks are an additional step to help slow the spread of COVID-19 when combined with everyday preventive actions and social distancing in public settings.

The Centers for Disease Control and Prevention (CDC) recommends that people wear masks in public and when around people who don't live in your household.<sup>1</sup>



## FACE MASK DOs AND DON'Ts

### DOs



#### Washing Hands

Wash your hands before putting on the mask, before removing your mask, and after touching or removing it.

#### Proper Fit

Wear a mask that fits snugly against your face.

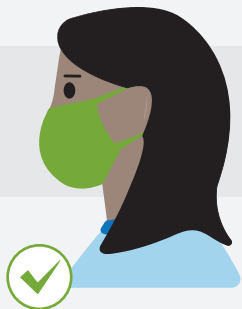


#### How to Wear

Have your mask cover your mouth, nose, and chin.

#### Care for Mask

Wash your reusable mask at least once a day.



#### Touching

Avoid touching your mask while wearing it.

#### Clean Mask Storage

Have a Ziploc bag labeled "clean" for your stock of clean masks.

#### Used Mask Storage

Have a Ziploc bag labeled "dirty" for your dirty masks.

### DON'Ts



#### Incorrect Wear

Do not wear the mask below your nose. Do not rest your mask under your chin.

#### Improper Use

Do not take off the mask to speak with someone, sneeze, or cough.



#### Damaged Mask

Do not wear a damaged mask.

#### Age Appropriate

According to the CDC, masks should NOT be put on babies or children younger than two due to the danger of suffocation. Additional CDC exceptions include anyone who has trouble breathing or is unconscious, incapacitated, or otherwise unable to remove the mask without assistance.<sup>1</sup> If someone is concerned with their ability to wear a mask, they should consult their physician.



#### Storage

Do not hang your mask on the rear-view mirror in your automobile.

<sup>1</sup><https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html>