

# The Safe Way to Handle Your Face Mask or Covering

## How to Properly Wear a Face Mask or Covering

- Use hand sanitizer or wash your hands with soap and water for at least 20 seconds.
- Only touch the outside part of a clean mask or cover (the part that will not touch your face).
- Fit your mask or cover to make sure that both your nose and mouth are protected, there are no gaps between your face and the mask, and the mask is comfortable. Medical masks have a nose clip that can be molded to the shape of your face.
- Secure your ear loops, ties, or bands.
- The CDC (Centers for Disease Control and Prevention) does not recommend putting a mask or cover on young children under age 2, anyone who has trouble breathing, or anyone who cannot take off a mask or cover without help.

## How to Remove a Face Mask or Cover

- Use hand sanitizer or wash your hands with soap and water for at least 20 seconds.
- Take off your mask or cover by only touching ear loops, ties, or bands. Do not touch the front of your mask or cover.
- After use:
  - Discard your mask or launder your cover if it becomes damp or soiled.
  - Do not put used masks or covers in living areas, purses, or backpacks.
  - Use hand sanitizer or wash your hands with soap and water for at least 20 seconds.

## Keep These Guidelines in Mind

- Continue to practice safe distancing and other safety measures.
- Masks or covers are part of many tools to help keep you safe. Do not get a false sense of security while your face is covered.
- Do not touch any part of your face (mouth, nose, eyes) without first using hand sanitizer or washing your hands.
- Call your doctor if you have questions.
- If you do not have a doctor, call **1-877-THR-WELL (1-877-847-9355)**.
- For more information, visit the CDC website at [cdc.gov](https://www.cdc.gov).

### HOW WEARING MASKS HELPS LIMIT THE CHANCES OF SPREADING COVID-19.

