

## Who should not wear a mask?

- Children under age 2.
- Anyone needing help to remove the mask.
- People who have trouble breathing.

# DO:

# Tips for Wearing a Mask



Wear a mask that fits well and is comfortable.



Choose a mask that offers the best protection. N95 or KN95 masks are best, if you can.



Or, a mask with at least two layers of tightly woven fabric.



Make sure your mask completely covers your nose, mouth, and chin.



Clean your hands before and after touching your mask.



Wash your cloth mask each time you use it. If reusing N95/KN95, store in a paper bag.

# DO NOT:



Wear a mask that is dirty, damp, or damaged.



Wear your mask below your nose.



Wear a mask with gaps on the sides of face or nose.



Pull the mask down under your chin.



Touch the front of your mask while wearing it.



Share your mask with other people.