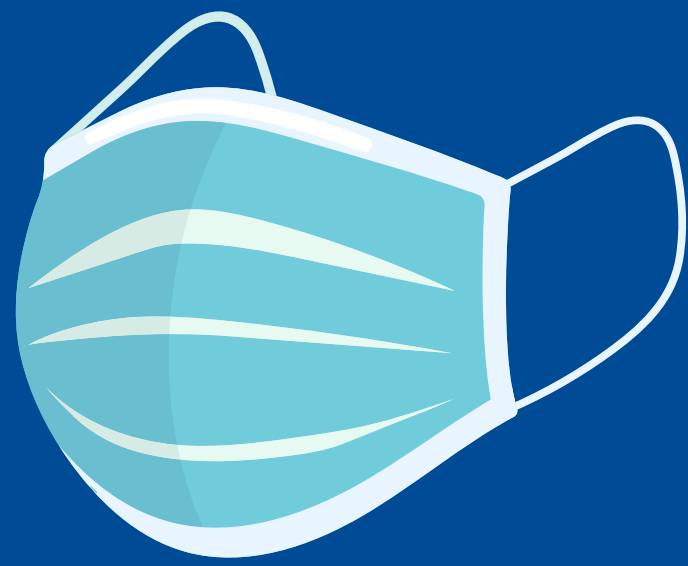# TIPS ON WEARING A MASK

Consider wearing a mask indoors, especially if crowded or poorly ventilated.
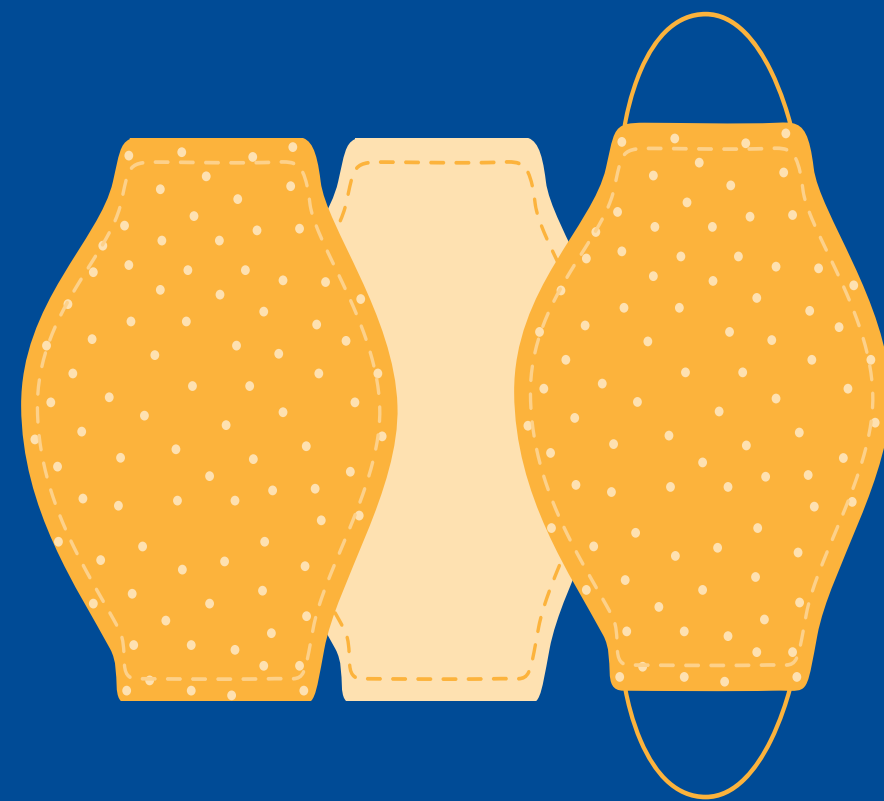
1 Choose a high quality mask that fits well.

N95 mask   Medical mask   3 layer cloth mask

2 Clean your hands before putting on & taking off your mask.

HAND SANITIZER

3 Place the mask snugly over your mouth, nose & chin, making sure there are no gaps.

4 Avoid touching your face & mask while wearing it.

5 Change your mask as soon as it gets wet or dirty.

6 Remove the mask using the ear loops & then throw it away. Wash cloth masks after each use.

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