Covid-19 Mask Guide

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How to Put on & Remove a Cloth Mask Effectively

1. Place your mask over your mouth and nose.
2. Tie it behind your head or use ear loops and make sure it's snug.
3. Don't touch your mask while wearing it.
4. If you accidentally touch your mask, wash or sanitize your hands.
5. Remove the mask by untying it or lifting off the ear loops without touching the front of the mask or your face.
6. Wash your hands immediately after removing your mask.
7. Regularly wash your mask with soap and water in the washing machine. It's fine to launder it with other clothes.

Cover your mouth and nose and make sure there are no gaps between the mask and your face.

Transparent face masks are also available to allow for lip-reading.

Don't put masks on anyone who has trouble breathing, or is unconscious or otherwise unable to remove the mask without help.

Sources:

Cloth face masks should be worn in public settings, particularly where social distancing measures are difficult to maintain. This includes places such as in grocery stores, especially in areas of significant community-based transmission.

Don't use face masks as a substitute for social distancing.

Don't put masks on children under 2 years of age.

Everyone else should be using cloth masks or disposable masks.

A cloth mask is worn to help protect others in case the wearer has the virus.

Leave the surgical masks and N-95 masks for healthcare professionals.

An N95 mask helps protect the wearer from getting the virus from others.