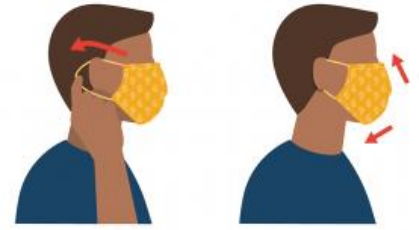# Wear your Mask Correctly

- Wash your hands before putting on your mask
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- CDC does not recommend use of masks or cloth masks for source control if they have an exhalation valve or vent

# Wear a Mask to Prevent Getting and Spreading COVID-19

- Wear a mask that covers your nose and mouth to help prevent the spread of COVID-19
- Wear a mask in public settings when around people who don't live in your household, especially when it may be difficult for you to stay six feet apart
- Wear a mask correctly for maximum protection
- **Don't** put the mask around your neck or up on your forehead
- **Don't** touch the mask, and, if you do, wash your hands or use hand sanitizer to disinfect

Follow Everyday Health Habits

- Stay at least 6 feet away from others
- Avoid contact with people who are sick
- Wash your hands often, with soap and water, for at least 20 seconds each time
- Use hand sanitizer if soap and water are not available
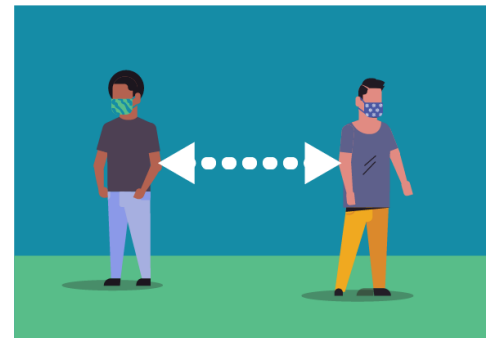
Take Off Your Mask Carefully

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- If you are at home place mask in the washing machine (learn more about how to wash masks)
- If you are at school, fold the mask and place it in a sandwich bag for you parent to take home.
- Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing.

How to Safely Wear and Take Off a Cloth Face Covering | CDC