Protect Yourself and Others

DO’s and DON’Ts of WEARING A MASK

Masks can help stop the spread of COVID-19, but only if everyone properly wears one!

**DO**
- Wear a mask at all times when in public.
- Wash your hands or use hand sanitizer before putting on and taking off your mask.
- Put on and remove your mask by the straps.
- Securely cover your mouth, nose and chin.

**DON’T**
- Wear a loose-fitting mask.
- Wear your mask under your nose.
- Touch your mask while wearing it.
- Remove your mask when there are others within 6 feet.
- Share your mask with others.

To further protect yourself and prevent the spread of COVID-19, maintain proper social distancing between you and others (at least 6 feet) and frequently wash your hands with soap and water for at least 20 seconds.