

# 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



**DO** Wear a mask at all times when in public.



**DO** Wash your hands or use hand sanitizer before putting on and taking off your mask.



**DO** Put on and remove your mask by the straps.



**DO** Securely cover your mouth, nose and chin.

### DON'T



**DON'T** Wear a loose-fitting mask.



**DON'T** Wear your mask under your nose.



**DON'T** touch your mask while wearing it.



**DON'T** Remove your mask when there are others within 6 feet.



**DON'T** 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.**