How to Use a Face Mask or Covering

1. **Before putting on a mask**, wash hands with soap and water or use an alcohol based hand sanitizer.

2. **Cover mouth and nose** with mask and make sure there are no gaps between your face and the mask. 
   - **Avoid touching the mask** while using it. If you have to touch it, wash or sanitize your hands before and after doing so.

3. **Remove mask from behind** (do not touch the front of mask).
   - **If reusing mask later**, stow it in a clean envelop, bag, or tissue. For non-disposable masks, wash and dry at the end of each day of use.
   - **To discard**, put in the trash.

4. **Wash hands** with soap and water or use an alcohol based hand sanitizer.

*Adapted from WHO*