

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