

How to wear a **face mask**



DOs

Wash your hands before putting on your mask and after touching or removing your mask.

Make sure your mask fits snugly against your face.

Make sure your mask covers your mouth, nose and chin.

Wash your mask at least once a day.

Avoid touching your mask while wearing it.

DON'Ts

Don't wear the mask below your nose or leave your chin uncovered.

Don't rest your mask under your chin.

Don't take off the mask to speak with someone.

Don't wear a mask that is damaged or is too large or too small.