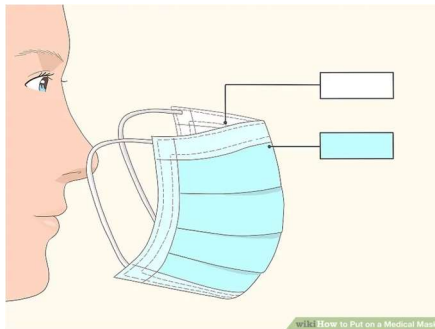


HOW TO WEAR CLOTH A FACE COVER, OR MASK.



How to put on a face cover, or mask:

1. Wash your hands with soap and water, or hand sanitizer.
2. Decide which side is the front of your cover, and which is the back.
3. Hold cover to your nose level. Tie behind your head. If you are wearing a mask with upper and lower ties, tie the upper straps first, over your ears. Then tie the bottom straps.
4. Fix your cover so it covers the top of your nose, and goes down all the way over your mouth, at least to your chin.

DO NOT TOUCH YOUR FACE OR MASK WHILE YOU ARE OUT IN PUBLIC. If you must, make sure you wash your hands before, and after touching your face.

How to take off a face cover, or mask:

***AVOID TOUCHING THE FRONT OF YOUR COVER.** This part of your cover is now dirty.*



1. Wash your hands with soap and water, or hand sanitizer.
2. Only touching the straps, untie your cover. If you are wearing a mask with upper and lower straps, untie the bottom first, then the top. Pull the mask away from your face as you are untying it. **TRY NOT TO TOUCH ANY OTHER PART OF YOUR FACE.**
3. Wash your hands with soap and water, or hand sanitizer, after touching your used face cover.
4. Cloth masks and covers should be washed after each time you wear them in hot, soapy water, and allowed to dry before wearing again. A washing machine and dryer are fine, if you have them available.

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

<https://www.sfdcp.org/communicable-disease/healthy-habits/how-to-put-on-and-remove-a-face-mask/>

Image source: <https://www.wikihow.com/Put-on-a-Medical-Mask>