# HOW TO WEAR A MASK

## Face masks should cover your nose *and* mouth.

### How to Put On a Face Mask

1. Perform hand hygiene.

2. Hold the mask by the ear loop and place a loop around each ear.

3. Expand mask and ensure it completely covers bottom half of face.

4. Place fingertips from both hands at top of nose area and slide down each side to mold it to the shape of your face.

### How to Take Off a Face Mask

1. Avoid touching outer area of mask.

2. Grasp loops around ears with both hands.

3. Pull forward and away from face.

### Masks with Valves or Vents

These types of masks *do not* prevent the spread of COVID-19 to others, and should *not* be used.