

HOW TO WEAR A FACE COVERING SAFELY

ALWAYS



Clean your hands before touching the face covering



Inspect the face covering for damage or if dirty



Adjust the face covering to your face without leaving gaps on the side



Cover your mouth, nose and chin



Avoid touching the face covering once in place



Clean your hands before removing the face covering



Remove the face covering by the straps behind the ears or head



Pull the face covering away from your face



Store the face covering in a clean plastic, resealable bag if it is not dirty or wet and you plan to re-use it



Remove the face covering by the straps when taking it out of the bag



Wash the face covering in soap or detergent, preferably with hot water above 60 degrees at least once a day



Clean your hands after removing the face covering

NEVER



Use a face covering that looks damaged



Wear a loose-fitting face covering



Wear the face covering under the nose



Use a face covering that is difficult to breathe through



Wear a dirty or wet face covering



Share your face covering with others