

Face masks are essential for keeping you and those around you safe and healthy.

Here are some ways you should and shouldn't be using your face mask.





Wear it

It helps block respiratory droplets that are released from your mouth and nose.

No gap zone

Make sure the mask fits securely against your face and doesn't gap on the sides.

Six feet away

Continue to practice social distancing even if you're wearing a mask.



Keep it clean

Wash your hands before and after you remove it from your face and wash your mask in hot water after each use.

Be an advocate

Encourage others to wear a mask to prevent the spread of COVID-19.

DON'T X

Take it off in public

Don't continue to take the mask on and off, you can easily transmit germs on your hands.

Put it on a young child

Don't put a mask on a child under 2 years old.

Wear it halfway

Don't leave your nose exposed or pull your mask under your chin to speak. This defeats the purpose of your mask.



Use medical resources

Don't wear a medical-grade mask or a mask with a valve on it. Leave those for medical professionals.

Wear it around the house

Don't wear your mask in the car or at home unless someone in your immediate vicinity is ill.

