

# How to Safely Wear a Cloth Mask or Face Covering



Before putting on the mask, wash your hands, and secure hair away from your face.



Place the mask snugly over your mouth and nose, making sure there are no gaps.



Avoid touching your face and mask while using it. Do not leave the mask on your neck, forehead, or hanging from your ear.



Change your mask as soon as it gets damp or soiled.



Remove the mask without touching the outside of the mask and launder it before wearing again.



Wash your hands and clean any surfaces that the dirty mask touches.

Adapted with the permission of KFL&A Public Health