

Do's & Don'ts

For wearing cloth masks or face coverings

Remember! Masks do not provide full protection. They must always be used in combination with social distancing and frequent handwashing.

DO

- ✓ Wear a mask if you must go out for essential needs (grocery, work, pharmacy).
- ✓ Wear a mask when running and walking in crowded areas.
- ✓ Wash your hands before and after removing the mask.
- ✓ Fit the mask snugly around your mouth and nose.
- ✓ Wear your cloth mask with the same side facing outwards.
- ✓ Remove your mask by their strings or ear loops.
- ✓ Routinely wash your mask, with soap and water, depending on usage.



DON'T

- ✗ Don't wear if wet, soiled or damaged; use a new mask.
- ✗ Don't use disinfectant spray or wipes to clean the mask.
- ✗ Don't leave the mask hanging off one ear or around neck.
- ✗ Don't touch the front of the mask, as it is contaminated.
- ✗ Don't share your reusable mask or face covering with anyone.
- ✗ Don't overuse; a mask is not required during outdoor activities (gardening, washing car, exercising, mowing the lawn).

