



Your mask may protect them. Their mask may protect you.

Who should wear a mask?

- Everyone should wear a mask in public settings and when around people who don't live in your household, especially when social distancing is difficult.
- Masks should not be placed on young children under age 2, anyone who has trouble breathing, or anyone who is unable to remove the mask without assistance.

- You could spread COVID-19 to others even if you do not feel sick.
- The mask is meant to protect other people in case you are infected.



How to Select Masks



DO choose masks that

- Have two or more layers of washable, breathable fabric
- Completely cover your nose and mouth
- Fit snugly against the sides of your face and don't have gaps

DO NOT choose masks that

- Are made of fabric that makes it hard to breathe, for example, vinyl
- Have exhalation valves or vents, which allow virus particles to escape
- Are intended for healthcare workers, including N95 respirators or surgical masks

Special Situations: Children

- If you are able, find a mask that is made for children
- If you can't find a mask made for children, check to be sure the mask fits snugly over the nose and mouth and under the chin
- Do NOT put on children younger than 2 years old

Special Situations: Glasses

- If you wear glasses, find a mask that fits closely over your nose or one that has a nose wire to limit fogging



How to Wear Masks

How to take off a mask

- Carefully, untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing

- Wash your hands prior to putting on your mask
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily