

# Covid-19 Mask Guide

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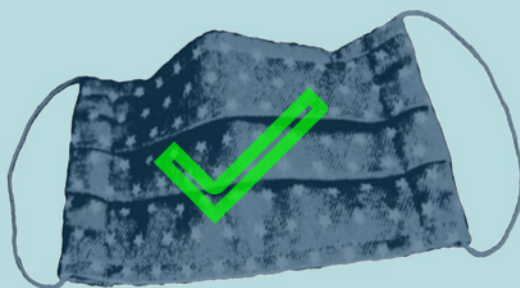
Leave the **surgical masks** and **N-95 masks** for **healthcare professionals**.



An **N95 mask** helps protect the wearer from getting the virus from others.

Everyone else should be using **cloth masks** or disposable masks.

**A cloth mask is worn to help protect others in case the wearer has the virus.**



Put On



Take Off



## How to Put on & Remove a Cloth Mask Effectively

1. Place your mask over your mouth and nose.
2. Tie it behind your head or use ear loops and make sure it's snug.
3. Don't touch your mask while wearing it.
4. If you accidentally touch your mask, wash or sanitize your hands.
5. Remove the mask by untying it or lifting off the ear loops without touching the front of the mask or your face.
6. Wash your hands immediately after removing your mask.
7. Regularly wash your mask with soap and water in the washing machine. It's fine to launder it with other clothes.

Cloth face masks should be worn in public settings, particularly where social distancing measures are difficult to maintain. This includes places such as in grocery stores, especially in areas of significant community-based transmission.



**Don't use face masks as a substitute for social distancing.**



**Cover your mouth and nose** and make sure there are **no gaps** between the mask and your face.

Transparent face masks are also available to allow for lip-reading.

**Don't put masks on anyone who has trouble breathing, or is unconscious or otherwise unable to remove the mask without help.**

Don't put masks on children under 2 years of age.



## Sources:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-covers.html>

<https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/coronavirus-mask/art-20485449>