How to Wear A Mask

- Before putting on your mask, wash your hands with soap and water for at least 15 seconds or use an alcohol-based hand sanitizer.
- Secure the elastic loops of the mask around your ears. If your mask has strings, tie them securely behind your head.
- Cover your mouth and nose with the mask and make sure there are no gaps between your face and the mask.
- Do not touch the front of the mask while you wear it.
- Wash your hands with soap and water for at least 15 seconds or use alcohol-based hand sanitizer if you accidentally touch your mask.

How to take off your mask or throw away your mask:

- Do not touch the front of your mask to remove it.
- Remove the elastic loops of the mask from around your ears or untie the strings from behind your head. Hold only the loops or strings and place the mask in a garbage bin with a lid.
- Do wash your cloth mask with hot, soapy water and let it dry completely before wearing it again.
- Wash your hands with soap and water for at least 15 seconds or use alcohol-based hand sanitizer after you have discarded your mask.
- Do store re-usable masks in a clean paper bag until you wear it again.
- Do not share your mask with others.
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Look after our loved ones by washing your hands, wearing a mask, and practicing physical distancing. If you are not well, stay home to protect others.
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