Mask Wearing Dos

**Surgical Mask**
Surgical masks provide good protection against COVID-19

**Double Mask**
You can place a cloth mask on top of your surgical mask for extra protection

**Tight Fitting Mask**
Masks such as KN95 or KF94 masks provide the most protection.

**DO pick a mask that:**

- Completely covers your nose and your mouth, snugly without gaps

- Has a nose wire to prevent air from leaking out the top of the mask

**DO:**

- Place the mask over your mouth and nose, and secure it under your chin

- Pinch the nose wire to fit so no air leaks out

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Mask Wearing Don'ts

**Single Cloth Mask**
A single cloth mask does not provide good protection, unless you wear a surgical mask underneath

**Mask with exhaust valves or vents**
These masks allow particles to escape

**DO NOT:**
- Wear it around your neck
- Wear it hanging off your ear
- Wear it under your nose
- Adjust it or touch it often while wearing it
- Pull it down when talking to people

**How to take off your mask:**
- Carefully remove the mask by holding the strings or ties behind the ears
- Fold the mask in half by folding the outside corners together
- Store the mask someplace safe and wash your hands

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