

HOW TO WEAR A MASK

WHEN IN PUBLIC SPACES, WEAR A CLOTH FACE COVERING OVER YOUR NOSE AND MOUTH.

1



Always WASH YOUR HANDS with soap and water before putting on and removing a mask.

2



Make sure your mask is completely COVERING YOUR NOSE, MOUTH, AND CHIN.

3



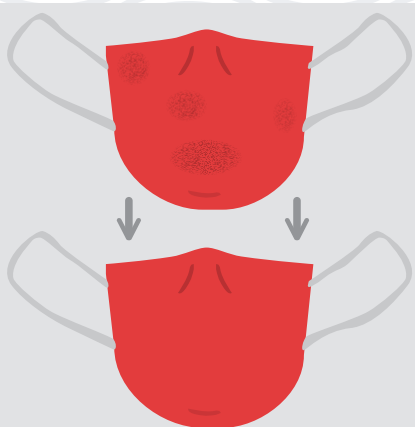
PINCH THE MASK at the bridge of your nose to keep it secure.

4



TO REMOVE A MASK, hold only the ear loops and lift away from your face.

5



CHANGE AND DISPOSE of your mask if it becomes soiled or wet. If you have a cloth mask wash it often.

6



WASH YOUR HANDS after removal and dispose of it in a designated PPE trash can (if not a washable mask).

Source: [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus); Centers for Disease Control and Prevention; Reference to specific commercial products, manufacturers, companies, or trademarks does not constitute its endorsement or recommendation by the U.S. Government, Department of Health and Human Services, or Centers for Disease Control and Prevention; This material is available at [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus) for no charge.

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**24/7 Care Coordination
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Bilingual coordinators always available.

WorkSafe