

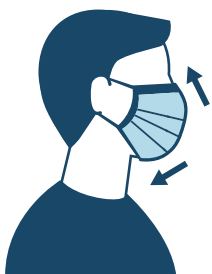
How to safely wear a face mask.

Whether you are using a homemade fabric mask, or a one-time-use disposable mask, the guidelines for wearing it properly are the same.

Always remember...



Wash or sanitize your hands before putting on your face covering.



Always place it over your nose and mouth completely and secure it under your chin.

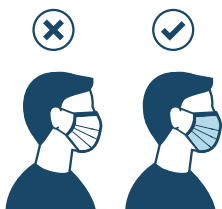
Try to fit it snugly against the sides of your face.



Make sure you can breathe easily.

How to put on a mask

Steps:

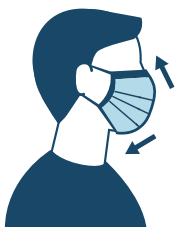


1. Select the right size mask—adult or child (age 12 and under).

2. For a disposable mask, place the colored side facing out with the nose wire at the top.



3. Place the mask completely over your nose and mouth. If your mask has a wire nose piece, gently form it into a U shape and make sure it is snug on the bridge of your nose.



4. If your mask has expandable folds, separate them to fit the bottom of the mask under your chin.



5. Loop ties around your ears then gently press the nose wire again over nose and cheekbones to make sure it is tight to your face and tucked under your chin.

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<https://go.d-h.org/covid-19>

 Dartmouth-Hitchcock Health