

# How to safely wear a face mask.

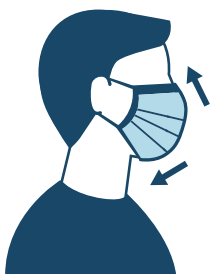
Whether you are using a homemade fabric mask, or a one-time-use disposable mask, the guidelines for wearing it properly are the same.

## Always remember...



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

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

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

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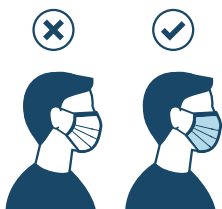
Make sure you can breathe easily.



Dartmouth-Hitchcock Health

# How to put on a mask

## Steps:

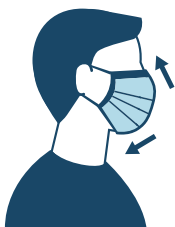


**1.** Select the right size mask—adult or child (age 12 and under).

**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>

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