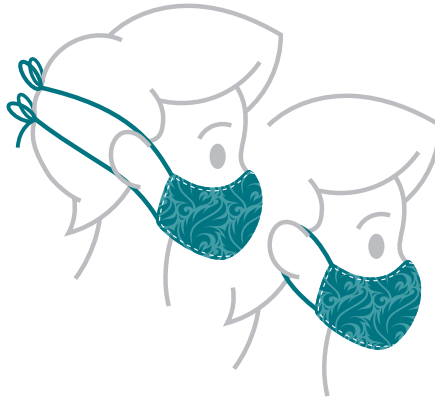


# How to Safely Wear a Cloth Mask or Face Covering



**Before putting on the mask, wash your hands, and secure hair away from your face.**



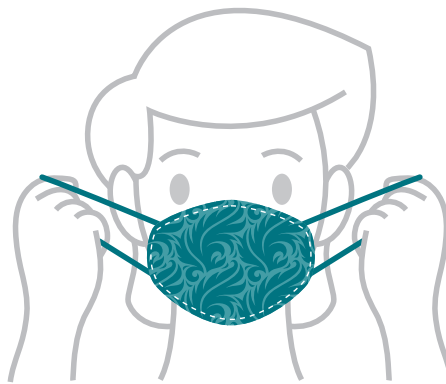
**Place the mask snugly over your mouth and nose, making sure there are no gaps.**



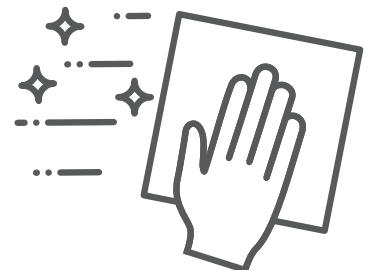
**Avoid touching your face and mask while using it. Do not leave the mask on your neck, forehead, or hanging from your ear.**



**Change your mask as soon as it gets damp or soiled.**



**Remove the mask without touching the outside of the mask and launder it before wearing again.**



**Wash your hands and clean any surfaces that the dirty mask touches.**