

How to properly wear protective masks

Having a big collection of masks and remembering to take them with you everywhere you go is a great start. However, it's just as important to properly wear your mask – this helps limit the spread of COVID-19. Follow these CDC guidelines to make sure you're keeping yourself and your loved ones safe.

1

Wash your hands before putting on your mask.



2

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

3

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



4

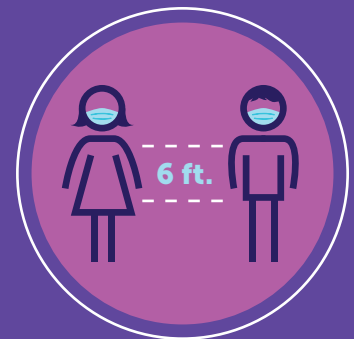
Make sure you can breathe easily.

5

Avoid touching your mask.

6

Even though you are wearing a mask, still keep a **6-foot distance** from others. These rules only apply to those over age 2 and who can regulate their breathing easily.



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