

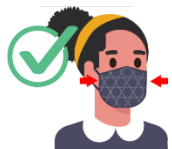





# CDC: Your Guide to Masks



This is a quick reference sheet of masking do's and don'ts as recommended by the Centers for Disease Prevention and Control (CDC).

DO choose masks that	DO NOT choose masks that
 <p>Completely cover your nose and mouth.</p>	 <p>Are made of fabric that makes it hard to breathe, for example, vinyl.</p>
 <p>Fit snugly against the sides of your face and don't have gaps.</p>	 <p>Have exhalation valves or vents which allow virus particles to escape.</p>

## CHILDREN

 <p>Find a mask that is made for children to help ensure proper fit.</p>	 <p>Check to be sure the mask fits snugly over the nose and mouth and under the chin and that there are no gaps around the sides.</p>
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## PEOPLE WITH BEARDS

 <p>Use a mask fitter or brace.</p>	 <p>Wear one disposable mask underneath a cloth mask that has multiple layers of fabric. The second mask should push the edges of the inner mask against the face and beard.</p>
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## How to Wear

Wear a mask **correctly** and **consistently** for the best protection.

- Be sure to [wash your hands or use hand sanitizer](#) before putting on a mask.
- Do **NOT** touch the mask when wearing it. If you have to often touch/adjust your mask, it doesn't fit you properly, and you may need to find a different mask or make adjustments.

## Do wear a mask that



- Covers your nose and mouth and secure it under your chin.
- Fits snugly against the sides of your face.

## How NOT to wear a mask

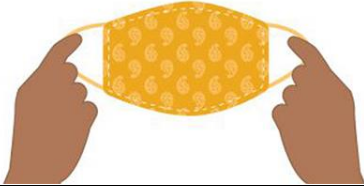
Around your neck	On your forehead	Under your nose	Only on your nose

On your chin	Dangling from one ear	On your arm

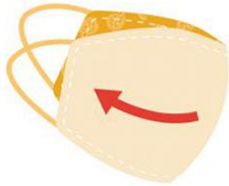
## How to take off a mask



Carefully, untie the strings behind your head or stretch the ear loops.



Handle only by the ear loops or ties.



Fold the outside corners together.



Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing.