

Protect Yourself and Others from COVID-19

HOW TO WEAR A MASK



Make sure your mask fits well

- It should completely cover your nose and mouth.
- It should fit snugly against your nose, the sides of your face and under your chin, without gaps.

For the best protection, wear a well-fitting respirator (such as an N95, KN95, or KF94).

Masks with better protection fit and filter well. These include:

- Medical (disposable) masks
- Cloth masks with at least 3 layers of tightly woven material, including a layer made of synthetic non-woven fabric (such as melt-blown polypropylene).
- Double masks

HOW TO MAKE YOUR MEDICAL OR CLOTH MASK FIT BETTER

Use a mask with nose wires



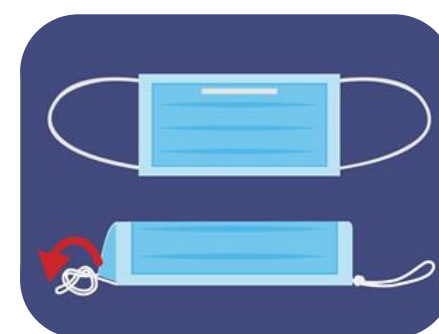
Double Mask:
Wear a well-fitting cloth mask over a medical mask



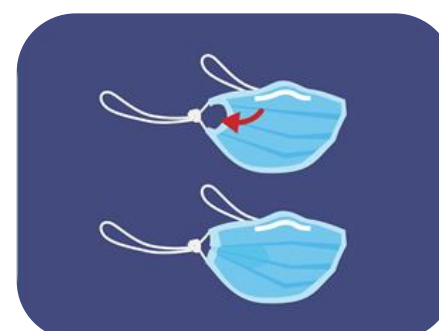
Use a mask brace
over a cloth or medical mask to create a better fit



Knot and Tuck:



Knot the ear loops at the edge of the mask



Tuck the extra material



Check for a close fit