

# How to Wear and Take Off a Non-Medical Mask or Cloth Face Covering

## To Put It On



1. Wash your hands for 20 seconds with soap and water or use an alcohol-based hand rub



2. Put mask over your nose and mouth and secure it under your chin (do not touch the inside of the mask that will be against your face)



3. Try to fit it securely against your face

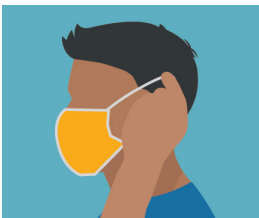


4. Tie the strings behind your head or stretch the elastic loops over your ears



5. Make sure you can breathe easily

## To Take It Off



1. Untie the strings behind your head or stretch the loops over your ears



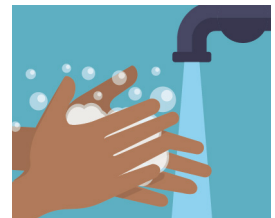
2. Handle only the ties or the loops of the mask



3. Fold the outside corners making sure not to touch the outside of the mask

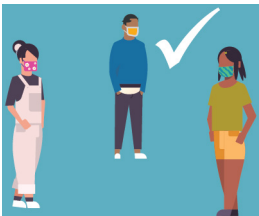


4. Place mask in a separate bag until you can get to a place where you can wash it with bleach solution



5. Wash your hands with water and soap for 20 seconds or use an alcohol-based hand rub

## Using a Mask or Cloth Face Covering



1. Always keep the mask on your face and stay 2 m apart from people you do not live with



2. Ensure the mask is covering your mouth and nose



3. Do not touch the mask. If you do, wash your hands for 20 seconds



4. Do not put the mask around your neck or up on your forehead

**Check with health authorities for information and recommendations on community actions designed to limit exposure to COVID-19.**



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