

HOW TO WEAR A CLOTH MASK



- ✓ Do wash your hands before putting it on and taking it off
- ✓ Do make sure it fits comfortably over mouth and nose for easy breathing
- ✓ Do wash your cloth mask after each use in the laundry
- ✓ Do clean surfaces that a dirty mask touches
- ✗ Don't touch your face or mask while using it
- ✗ Don't use masks on children under 2 or those who can't breathe with them on
- ✗ Don't share your mask with others
- ✗ Don't wear medical masks, keep them for health care workers

You still need to:



Keep a 2m distance



Wash hands often