# How to Safely Wear and Take Off a Mask

Updated Dec. 22, 2020

[[\*sk1\*]]

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/cloth-face-covering.pdf>

## WEAR YOUR MASK CORRECTLY

• Wash your hands before putting on your mask

• Put it over your nose and mouth and secure it under your chin

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

• Make sure you can breathe easily

• Do not place a mask on a child younger than 2

## USE A MASK TO HELP PROTECT OTHERS

• Wear a mask to help protect others in case you’re infected but don’t have symptoms

• Keep the mask on your face the entire time you’re in public

• Don’t put the mask around your neck or up on your forehead

• Don’t touch the mask, and, if you do, clean your hands

## FOLLOW EVERYDAY HEALTH HABITS

• Stay at least 6 feet away from others

• Avoid contact with people who are sick

• Wash your hands often, with soap and water, for at least 20 seconds each time

• Use hand sanitizer if soap and water are not available

## TAKE OFF YOUR MASK CAREFULLY, WHEN YOU’RE HOME

• Untie the strings behind your head or stretch the ear loops

• Handle only by the ear loops or ties

• Fold outside corners together

• Place mask in the washing machine

• Wash your hands with soap and water

[[\*sk1\*]]

Personal masks are not surgical masks or N-95 respirators, both of which should be saved for health care workers and other medical first responders.

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For instructions on making a mask, see: cdc.gov/coronavirus.