



# ***MASKING HOW-TOs***



- Avoid touching the front of the mask at any time, whether with hands (gloved or ungloved) or anything else.



- Please use only the straps to put on and take off the mask.



- If you need to take off the mask, please place it face down on a disposable surface, such as a paper towel.



- Always perform hand hygiene before and after putting on or taking off the mask, and dispose of the mask if it becomes damaged or soiled.



- Do not pull down the mask under the chin or untie the top straps to let it dangle around the neck.

## ***WHY AND WHEN DO I NEED TO WEAR A MASK?***

In light of new data about how COVID-19 spreads, along with evidence of widespread COVID-19 illness in communities across the country, CDC recommends that people wear a cloth face covering to cover their nose and mouth in the community setting. This is to protect people around you if you are infected but do not have symptoms. A cloth face covering should be worn whenever people are in a community setting, especially in situations where you may be near people. These settings include grocery stores and pharmacies. These face coverings are not a substitute for social distancing.