

# COVID-19

## HOW TO WEAR A MASK

While you are in quarantine or in isolation, wearing a cloth face mask at home could stop coronavirus from spreading to the people you live with. Not everyone who has been close to someone with COVID-19 will catch it.

### WEAR IT AT HOME

If you live with other people.

### WEAR IT ALL THE TIME

Wear your mask at all times when you are in isolation or quarantine.

Tell the people who live with you that they should wear a mask at all times too.

### DURING ISOLATION OR QUARANTINE



### YOUR MASK SHOULD

- Fit snugly but comfortably.
- Stay in place over your nose and mouth with ties or loops.
- Have at least 2 layers of cloth.
- Allow you to breathe.
- Be able to be washed and machine dried without damage or change to shape.

**FACE MASKS SHOULD NOT BE WORN BY CHILDREN UNDER TWO YEARS OLD**

### COVER YOUR MOUTH & NOSE

Make sure your mask fits right and covers both your mouth and nose.

### WASH YOUR MASK DAILY

Put the mask in the dirty laundry as soon as you take it off.

Use hot water between each daily use. You can use your washing machine.

### WASH YOUR HANDS

Before you put the mask on and right after you take your mask off.

### DON'T TOUCH YOUR FACE

Avoid touching the mask and your face while you are wearing a mask .

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