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
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.

YOUR MASK SHOULD

www.nalhd.org

DURING ISOLATION OR QUARANTINE

WASH YOUR HANDS

Don't touch your face.