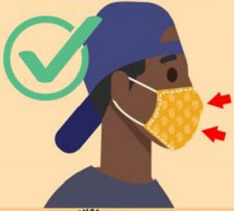


The Low Down on Masks—help your family, community & you!

DO choose masks that



Have two or more layers of washable, breathable fabric



Completely cover your nose and mouth



Fit snugly against the sides of your face and don't have gaps

DO NOT choose masks that



Are made of fabric that makes it hard to breathe, for example, vinyl



Have exhalation valves or vents, which allow virus particles to escape



Are intended for healthcare workers, including N95 respirators or surgical masks



Masks made with several layers of breathable fabric (such as cotton) protect everyone including you against Covid-19.



Masks made from loosely woven or knitted fabric let light or moisture pass through & do not protect anyone from Covid-19.

Special Situations: Glasses



If you wear glasses, find a mask that fits closely over your nose or one that has a nose wire to limit fogging

Masks should NOT be worn by:

- Children younger than 2 years
- Anyone who has trouble breathing
- Anyone who is unconscious, incapacitated or otherwise unable to remove the mask without assistance

Masks are not a substitute for hand washing or social distancing which needs to be at least 6 feet at all times

SHARE! CARES Act Project

For more information visit SHARE!'s website www.shareselfhelp.org or 1-877-SHARE-49
Artwork & Messages courtesy of the CDC

How NOT to wear a mask



Around your neck



On your forehead



Under your nose



Only on your nose



On your chin



Dangling from one ear

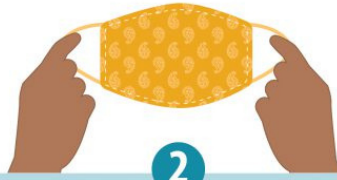


On your arm

How to take off a mask



1
Carefully, untie the strings behind your head or stretch the ear loops



2
Handle only by the ear loops or ties



3
Fold outside corners together



4
Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing

Gaiters & Face Shields



Wear a gaiter with two layers, or fold it to make two layers



Caution: Evaluation is ongoing but effectiveness is unknown at this time

Special Situations: Glasses



If you wear glasses, find a mask that fits closely over your nose or one that has a nose wire to limit fogging

Special Situations: Children



If you are able, find a mask that is made for children



If you can't find a mask made for children, check to be sure the mask fits snugly over the nose and mouth and under the chin



Do NOT put on children younger than 2 years old

How to Wear

Wear a mask **correctly** and **consistently** to help keep from getting or spreading the virus.

- Be sure to wash your hands before putting on a mask
- Do **NOT** touch the mask when wearing it

Do wear a mask that

- Covers your nose and mouth and secure it under your chin
- Fits snugly against the sides of your face

For more information, visit our [How to Wear Masks](#) web page.



How to Clean

Masks should be washed regularly. Always [remove masks correctly](#) and [wash your hands](#) after handling or touching a used mask.

- Include your mask with your regular laundry
- Use regular laundry detergent and the **warmest appropriate water setting for the cloth used to make the mask**
- **Use the highest heat setting and leave in the dryer until completely dry**



For more information, visit our [How to Wash Masks](#) web page.

Overview

DO

- Wear masks to help protect yourself from getting or spreading COVID-19
- Wear masks with two or more layers to stop the spread of COVID-19
- Wear the mask over your nose and mouth and secure it under your chin

DO NOT

- Put masks on someone two years and younger
- Put masks on people who have trouble breathing, or people who cannot remove the mask without assistance
- Wear masks intended for healthcare workers, for example, N95 respirators