

HOW TO SAFELY WEAR A MASK 101

NPS APPROVED



Cloth Face Mask

NOT NPS APPROVED



Bandana



Neck Gaiter



Scarf

*Cloth Face Masks with ventilation valves are not approved.

Do's

- ✓ Wear a mask to help protect others in case you're infected, but don't have symptoms
- ✓ Thoroughly wash hands with soap and water before touching the mask
- ✓ Check the mask for any tears or holes
- ✓ Put it over your nose and mouth and secure it under your chin
- ✓ Try to fit it snugly against the sides of your face

Do's

- ✓ Avoid touching the mask
- ✓ Keep the mask on your face the entire time you're in public
- ✓ Use the straps to remove the mask
- ✓ Keep the mask away from you or any surface when removing it
- ✓ Place mask in the washing machine or discard it
- ✓ Wash your hands after



Dont's

- ✗ Don't use a ripped or damp mask
- ✗ Do not wear the mask only over mouth or nose (both must be covered)
- ✗ Do not put mask around your neck or up on your forehead
- ✗ Don't touch the mask, if you do, clean your hands
- ✗ Do not leave used mask within the reach of others

