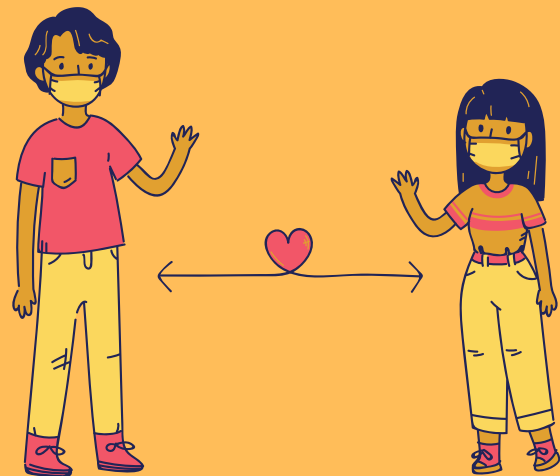


# HELP YOUR FRIENDS. WEAR A MASK!

**IN ADDITION TO SOCIAL DISTANCING, WE WEAR MASKS TO PREVENT GERMS IN OUR MOUTH FROM TRAVELING TO THE PEOPLE WE INTERACT WITH. SOME PLACES YOU NEED TO WEAR A MASK INCLUDE THE GROCERY STORE, SCHOOL, AND THE HEALTHCARE CLINIC**



We wear masks when we need to go outside of our house and spend time near people that don't live with you

## Put it on!



Wash your hands!

Use the ties or ear loops to put the mask on.

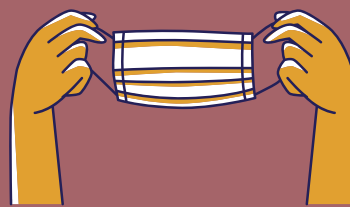
Tie the straps or pull the ear loops over each ear.

Make sure your whole nose and mouth are covered.

## Do:

- ✓ Wash your hands before putting your mask on and after taking it off!
- ✓ Make sure your mask is covering your nose, mouth, and chin!
- ✓ Remember that masks can't stop 100% of germs from getting to you. You need to social distance, wear a mask, and practice excellent hand hygiene to best protect yourself and your family

## Take it off!



Grab the ear ties or loops of your mask.

Pull the mask away from your face.

Do not touch the front of the mask!

Wash your hands after removing a mask.

## Don't:

- ✗ Wear a mask that is ripped or is too big or too small
- ✗ Touch the front of your mask while you are wearing it
- ✗ Put your mask over just your mouth or nose. Make sure it is covering both!



Coronavirus Disease 2019 (COVID-19). (2020). Retrieved from <https://www.cdc.gov/coronavirus/2019-ncov/index.html>