

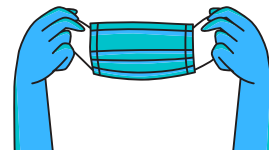
# Re-Opening Our Communities: Wearing Masks

Keep in mind that children under 2 and those that have difficulty breathing or cannot remove the mask without help should not wear masks

## Putting on your mask:



Wash your hands with soap for 20 seconds before picking up your mask



Hold masks by the straps, not the part that covers your face

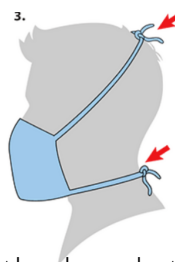


Loop straps over ears. Make sure there are no gaps between the mask and face, covering mouth and nose



Avoid touching mask and face as much as possible

or

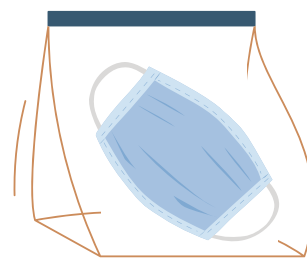


Tie behind the head starting with the top strings and adjust mask, before tying the bottom set behind the neck

## Removing your mask:



Grab hold of ear loops, or loosen the ties at the back of the head, and remove mask without touching your face



Place mask in a small bag or container for washing, or place in a closed garbage container

The CDC recommends wearing cloth face masks to help prevent the spread of the coronavirus to others when talking, coughing, or sneezing. This is important because you could be sick and spread the virus, even if you feel well. Remember, wearing a mask is not a substitute for physical distancing.



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