

# HOW TO WEAR A FACE COVERING

## Wear Your Face Covering Correctly



- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily

## Use the Face Covering to Protect Others



- Wear a face covering to help protect others in case you're infected but don't have symptoms
- Wear the covering in public settings when around people outside of your household, especially when other [social distancing](#) measures are difficult to maintain
- Don't put the covering around your neck or up on your forehead
- Don't touch the face covering; and, if you do, wash your hands

## Take Off Your Cloth Face Covering Carefully, When You're Home



- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine (learn more about [how to wash cloth face coverings](#))
- Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing