FACEMASK DO’S AND DON’TS

WHEN PUTTING ON A FACEMASK
Clean your hands and put on your facemask so it fully covers your mouth and nose.

- **DO** secure the elastic bands around your ears.
- **DO** secure the ties at the middle of your head and the base of your head.

WHEN WEARING A FACEMASK, DON’T DO THE FOLLOWING:

- **DON’T** wear your facemask under your nose or mouth.
- **DON’T** touch or adjust your facemask without cleaning your hands before and after.
- **DON’T** wear your facemask on your head.
- **DON’T** wear your facemask around your neck.
- **DON’T** wear your facemask around your arm.
- **DON’T** allow a strap to hang down. **DON’T** cross the straps.

WHEN REMOVING A FACEMASK
Clean your hands and remove your facemask touching only the straps or ties.

- **DO** leave the patient care area, then clean your hands with alcohol-based hand sanitizer or soap and water.
- **DON’T** touch or adjust your facemask without cleaning your hands before and after.

Source: Center for Disease Control and Prevention 2020