

How to Wear a Mask like a Health Hero!

Help slow the spread by wearing a mask—the right way!

When you breathe, cough or sneeze you can send virus droplets out into the air. If you carry the virus and you send these little droplets out, they can infect your friends or family. Even if you are not sick, the virus could make people around you very sick. If you need to go out, wearing a cloth mask can help prevent the spread of the virus, especially in places where it's hard to stay at least six feet away from others. Masks are only for children over two years old.

DO



wash your hands before putting your mask on

cover your nose and mouth with your mask

make sure your mask fits snug against the sides of your face

tie mask behind your head or hook behind your ears

wear masks that include more than one layer of fabric

use a fabric that can be washed and dried easily if making your own mask

DON'T



pull your mask down until you're away from others

wear your mask too loose or too tight

touch your mask frequently with your hands, or pull it down to talk to someone

hold it to your face with your hands

make a mask so thick it's hard to breathe

use masks needed for healthcare providers that are in short supply



We are here for you! As you adapt to all the changes, know you're not alone.

Get all our latest care advice at: actionlearningnetwork.org/covid19

Information above sourced from the recommendations of the Centers for Disease Control and Prevention (CDC) and Atrium Health's "Masks: Do This, Not That".