

# Face Coverings Do's and Don'ts

## When putting on a face covering

Clean your hands and put on your face covering 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 face covering, don't do the following:



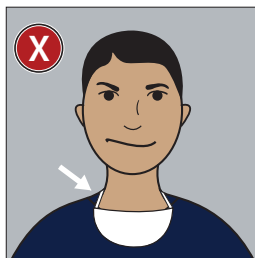
DON'T wear your face cover under your nose or mouth.



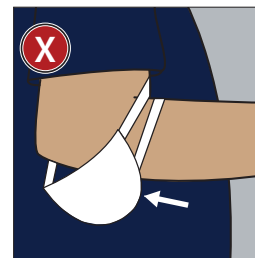
DON'T touch or adjust your face covering without cleaning your hands before and after.



DON'T wear your face covering on your head.



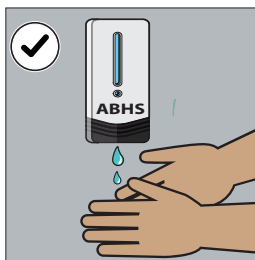
DON'T wear your face covering around your neck.



DON'T wear your face covering around your arm.

## When removing a face covering

Clean your hands and remove your face covering touching only the straps or ties.



DO clean your hands with alcohol-based hand sanitizer or soap and water.



DO remove your face covering touching ONLY the straps and clean your hands again.



Additional information is available about how to safely put on and remove personal protective equipment, including face coverings:

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/using-ppe.html>.

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)