**Face Coverings: Do’s and Don’ts**

### Putting On

1. Wash your hands before putting on your face covering (20 seconds, soap & water).

2. Ensure the exterior of the face covering is facing out.

3. Use the ties or ear loops to put on your face covering.

4. Cover the bridge of your nose and your mouth and secure under your chin. Ensure you can breathe with ease.

### Taking Off

1. Wash your hands before and after removing the face covering.

2. Use the ties or ear loops to pull your face covering off. Avoid touching the inside of the face covering. The outside of the face covering should not touch your face.

3. If you are planning to re-use the face covering and it is clean and dry, store it in a clean and dry container such as a paper bag labeled with your name.

4. Face coverings should be changed when moist or potentially contaminated. Cloth face coverings can be washed and dried for re-use. Surgical or paper face coverings should be disposed of if they become damaged in any way (ripped, separated, loose-fitting, or misshapen).

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**Don’t forget to cover your nose, mouth, and chin.**

A face covering that doesn’t cover you nose, mouth, and chin won’t contain droplets.

Avoid touching your face or face covering once it’s on.

Do not eat or drink while wearing the face covering. Remove and store before eating and drinking.