

THE IMPORTANCE OF CLOTH MASKS

When you are around people in public spaces, everytime they talk, cough, sneeze; the droplets from their mouth go into the air you breathe. These droplets may be infected with unknown germs you are unaware of. That's why when out in public spaces, it's important to keep your distance from others and to wear a mask, which protects you and others around you from spreading anything that is potentially harmful. This helps stop the spread of COVID19. Follow these instructions for properly wearing and caring for your cloth masks.

✓ DO



- ✓ **DO** Use clean hands when putting on your mask.
- ✓ **DO** Put the mask over your nose, mouth, and chin.
- ✓ **DO** Secure the mask around both sides of your face behind your ears.



- ✓ **DO** Ensure that you can breathe easily.
- ✓ **DO** Wash your hands after removing your mask.
- ✓ **DO** Wash your mask regularly after every use.

✗ DON'T



- ✗ **DON'T** Wear your mask anywhere else on your face that doesn't cover your nose, mouth and chin.
- ✗ **DON'T** Touch or move your mask without washing or sanitizing your hand first.
- ✗ **DON'T** Put masks on children under the age of 2 or anyone who is unable to breathe or is physically incapable of removing a mask on their own.