

# How to use a cloth face covering

## How do I put on my cloth face covering?



1. Wash your hands with soap and water or hand gel (if soap and water aren't available).



2. Without touching the front of your face covering, stretch the bands around your ears or secure the ties around your head (depending on the type of face covering you have).



3. Cover the area from the bridge of your nose to under your chin, and fit the face covering snugly but comfortably against the side of your face. Make sure you can breathe without restriction.



4. Wash your hands with soap and water or hand gel (if soap and water aren't available).

## How do I take off my cloth face covering?



1. Wash your hands with soap and water or hand gel (if soap and water aren't available).



2. Untie the ties from your head or remove the bands from your ears. Remove the face covering by the straps. Do not touch the front or inside of the face covering (the part over nose and mouth). It may be contaminated from your breathing, coughing or sneezing. If you touch the face covering, wash your hands.



3. Wash your hands with soap and water or hand gel (if soap and water aren't available).

## Important notes about wearing face coverings:

- Wash your hands each time you put on and take off the face covering.
- Avoid touching the front of your face covering while you're wearing it. If you do, wash your hands.
- Do NOT pull the face covering down to expose your nose or mouth. Adjust the face covering using the ties on your head or cords around your ears.