**DONNING MASKS**

1. **WASH HANDS**
   - Wash hands with soap and water for 20 seconds
   - OR use a >60% alcohol-based hand rub before donning (putting on) mask.

2. **CHECK MASK**
   - Check which side is the “inside” and “outside” of mask.
   - If needed, use a marker to mark the “inside” and “outside” of mask.

3. **PUT MASK ON**
   - Carefully put mask on without touching face, nose, or mouth.

4. **MASK PLACEMENT**
   - Mask must cover mouth and nose!
   - Adjust the mask to fit.

5. **DON’T TOUCH MASK**
   - Avoid touching the mask when it’s on!
   - If you do touch mask, repeat Step 1.

**DOFFING MASKS**

1. **WASH HANDS**
   - Wash hands with soap and water for 20 seconds
   - OR use a >60% alcohol-based hand rub before doffing (taking off) mask.

2. **REMOVE CAREFULLY**
   - Avoid touching the front or inside of the mask.
   - Virus particles may be present on either side.

3A. **STORE AND WASH**
   - Washable mask: Put mask into a disposable or cleanable bag or container.
   - Launder in the washing machine. Store mask in container while not wearing. Wash mask daily.

3B. **DISPOSE**
   - Disposable mask: Throw away immediately into trash

4. **WASH HANDS**
   - Wash hands with soap and water for 20 seconds
   - OR use a >60% alcohol-based hand rub after taking off mask.
   - If you do touch mask, rewash your hands.
PREVENTIVE MEASURES

HOW TO HELP PREVENT THE SPREAD OF COVID-19

1. **WASH HANDS**
   - Wash hands frequently with soap and water OR use a >60% alcohol-based hand rub.

2. **SOCIAL DISTANCE**
   - Maintain a physical distance of 2 meters (6 feet) from those around you.

3. **CLEAN & DISINFECT**
   - Clean and disinfect frequently touched surfaces.

4. **WEAR A MASK**
   - Wear a mask when you go out to prevent the spread of illness.

5. **DON’T TOUCH FACE**
   - Avoid touching face, nose, eyes, and mouth.

6. **STAY HOME**
   - Stay home if you are feeling sick or have any symptoms. Primary symptoms of COVID-19 are: cough, fever, and/or shortness of breath.