

Wearing a Mask During COVID-19

To help keep yourself and everyone else safe from COVID-19, it's important to wear a mask that covers your nose and mouth when you leave your house. If you are at home, you can take off your mask.



The mask should be held on with ties or ear loops.



It should fit comfortably (but snugly) against the side of your face, and not restrict your breathing.



Children 2 years and older should also wear a mask.



Do not touch your mask while you are wearing it.



When you take off your mask, do not touch your eyes, nose, or mouth.



Wash your hands immediately.



Cloth masks should not be put on:

- children under 2
- anyone who has trouble breathing
- anyone who is unconscious
- anyone unable to remove their mask without help.