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.

(05/2020)