

# CORRECT USE OF A FACE MASK OR MASK



Since disposable masks help prevent the user from spreading respiratory droplets, disposable masks can slow the spread of the virus that causes COVID-19.

**USING THEM CAN HELP PEOPLE WHO  
UNKNOWNLY HAVE THE VIRUS NOT TO  
PASS IT ON TO OTHERS.**

**BEFORE PUTTING ON A MASK, WASH YOUR  
HANDS WITH AN ALCOHOL-BASED SANITIZER  
OR SOAP AND WATER.**



## PROTECT YOURSELF AND REDUCE THE CONTAGION

**1**



Take the  
chinstrap from  
the ears.

**2**



Place the  
creases behind  
the ears.

**3**



Adjust the  
bridge of the  
nose.

**4**



Stretch the  
folding part so  
that it extends.

**5**



Cover the area  
from the top of  
the nose to the  
chin.

## CORRECT USE:



*Before securing your facemask or face covering, you should use your thumb to make a small slit or split in the nose piece. This will help to properly position the mask on the bridge of the nose.*



*While putting on the mask, open it slightly. This will give the mask a more efficient fit.*



*After placing the mask around your ears, use your index and middle fingers to mold the nose piece between your eyes and across the bridge of your nose. This contoured fit helps protect the most contaminated area on the face.*



*Spread the mask completely over the mouth and chin. Adjust the lower part of the chin. This will draw the outer edges of the mask securely around your face, providing 360 degrees of protection.*



*If you wear glasses, remove the glasses before putting on the mask. Put the glasses back on after the mask.*

## INCORRECT USE:



*When putting on their masks, most people make the mistake of putting them around their ears first.*



*Open it too far until the folds are flattened.*



*Leave the chin out and put it under the nose.*

*Put on the mask with the goggles or goggles on the eyes.*



## Remember:

*Avoid touching the mask while wearing it; If you do, wash your hands with an alcohol-based sanitizer or soap and water.*

*Change your mask as soon as it's damp and don't reuse single-use masks.*