Wearing a Mask: DOs & DON’Ts

**DO**
- cover nose and mouth
- pull hair back
- tie straps behind head
- remove by grabbing from back

**DON’T**
- pull below nose
- hang from one ear
- pull below chin
- hang around neck
- cross straps in back
- leave strap hanging
- wear on forehead
- leave hair down on face
- touch front of mask
- reach under mask
- remove to cough, sneeze or talk
- remove to talk on phone
- drink with mask on
- eat with mask on
- touch phone to mask
- wear a dirty or wet mask