How to Properly Wear A Face Mask

Always wash hand before and after wearing your mask and clean reusable masks after use. Avoid touching the mask at all times and only use the bands or ties to put on and remove.

**DON’T**
- wear your mask below your nose
- wear your mask low on your nose
- leave your chin exposed
- wear your mask under your chin or temporarily remove it in public
- let your mask hang loosely with gaps around your face.

**DO**
- wear your mask up to the top of your nose and under your chin; snug without gaps.

Northern Light Health