How to Properly Wear A Face Mask

Always perform hand hygiene before putting on and after removing your mask and avoid touching or handling the front of your mask during use.

DON’T wear your mask below your nose

DON’T wear your mask low on your nose

DON’T leave your chin exposed

DON’T wear your mask under your chin or temporarily remove it in public

DON’T 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.

Provided courtesy of Northern Light Health