HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK

1. Before putting on a mask, clean hands with alcohol-based hand rub or soap and water

2. Cover mouth and nose with mask and make sure there are no gaps between your face and the mask.

3. Avoid touching the mask while using it; if you do, clean your hands with alcohol-based hand rub or soap and water.

4. Replace the mask with a new one as soon as it is damp and do not re-use single-use masks.

5. To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; clean hands with alcohol-based hand rub or soap and water.

Source: World Health Organization
Face coverings can be made out of cloth, factory-made or hand-sewn, or improvised using bandannas, scarves, T-shirts, sweatshirts or towels. The material should cover both the nose and mouth.

**HOW TO USE A FACE COVERING**

1. Before putting on a face covering, clean hands with alcohol-based hand rub or soap and water.

2. Cover mouth and nose with the face covering and make sure there are no gaps between your face and the mask.

3. Avoid touching your cloth face covering while using it; if you do, clean your hands with alcohol-based hand rub or soap and water.

4. Wash your cloth face covering frequently, ideally after each use, or at least daily.

5. Have a bag or bin to keep used cloth face coverings in until they can be laundered with detergent and hot water and (preferably) dried on a hot cycle.

6. Discard face coverings that no longer cover nose and mouth; have stretched out or damaged ties or straps; cannot stay on the face; or have holes or ears in the fabric.

**ALWAYS CONTINUE TO PRACTICE SOCIAL DISTANCING, HANDWASHING AND GOOD HYGIENE**

For more information on protection from COVID-19, visit www.dalton-ma.gov/covid-19
HOW TO USE A FACE COVERING

1) Before putting on a face covering, **clean hands** with alcohol-based hand rub or soap and water.

2) **Cover mouth and nose** with the face covering and make sure there are no gaps between your face and the mask.

3) **Avoid touching** your cloth face covering while using it; if you do, clean your hands with alcohol-based hand rub or soap and water.

4) **Wash** frequently, ideally after each use, or at least daily.

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**ALWAYS CONTINUE TO PRACTICE SOCIAL DISTANCING, HANDWASHING AND GOOD HYGIENE**
Stop the Spread of Germs

Help prevent the spread of respiratory diseases like the flu and COVID-19:

- Wash your hands often with soap and warm water, or use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth.
- Clean things that are frequently touched (like doorknobs and countertops) with household cleaning spray or wipes.
- Cover your mouth when you cough or sneeze. Use a tissue or your inner elbow, not your hands.
- Stay home if you are sick and avoid close contact with others.

If you must go out:
- Don't gather in groups.
- Stay 6 feet away from others.
- Don't shake hands or hug.

www.mass.gov/covid19 * Call 211 * MA Department of Public Health
Dalton Board of Health * www.dalton-ma.gov/Board-of-Health
CONTINUE TO PRACTICE SOCIAL DISTANCING

Do not use face coverings on children under the age of 2.

- Have stocked out or damaged face coverings that are damaged, no longer cover nose and mouth.
- Washed with detergent and hot water and dried on a hot cycle.
- Have a bag of thin to keep used face coverings in until they can be exchanged.
- Wash hands with sanitizer of soap and water.
- Avoid touching your cloth face covering while using it.
- If you do, clean.
- Ensure face covering fully covers mouth and nose and secures snugly.
- Do not touch the front of the mask.
- Wash your hands or use hand sanitizer when putting on or removing.

TIPS FOR PROPER USE OF FACE COVERING

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