



FAMILY HEALTH CENTERS
OF SAN DIEGO

Wearing a Cloth Mask

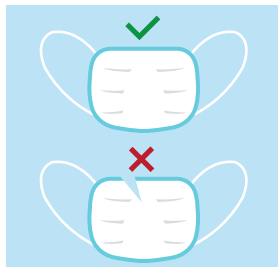
Putting On

1



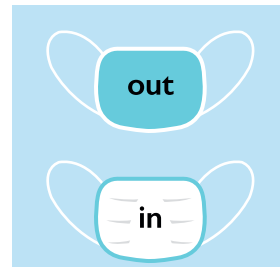
Wash your hands.

2



Check for holes or tears.

3



Make sure the inside of the mask is facing you.

4



Hold the mask by ear loops to pull over your face.

5



Make sure nose and mouth are covered.

Maintenance

Dos



- Wash your mask daily.
- Remove your mask before eating or drinking.

Don'ts



- Don't touch the front of the mask.
- Don't pull the mask under your chin when you are talking, eating or drinking.

Removal

1



Pull the mask off by the ear loops.

2



Wash the mask.

3



Wash your hands.

A mask is not a replacement for other safety measures to help stop the spread of disease. You should continue to stay at home as much as possible, wash your hands frequently with warm soap and water and stand six feet away from other people.