

A MASK IS THE FIRST STEP

MASKS: DOS AND DON'TS

Do	Don't
Cover your mouth and nose with the mask	Pull it down until you're away from others
Make sure the mask fits snugly against the sides of your face	Wear it so loose it falls, or so tight it's uncomfortable
Tie or hook the mask to your ears	Hold it to your face with your hands
Include more than one layer of fabric	Make the mask so thick it's hard to breathe
Use a fabric that can be easily washed and dried	Use masks healthcare providers need (like surgical masks)



**ALSO, DON'T FORGET
TO SMILE AND FIND JOY.**

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