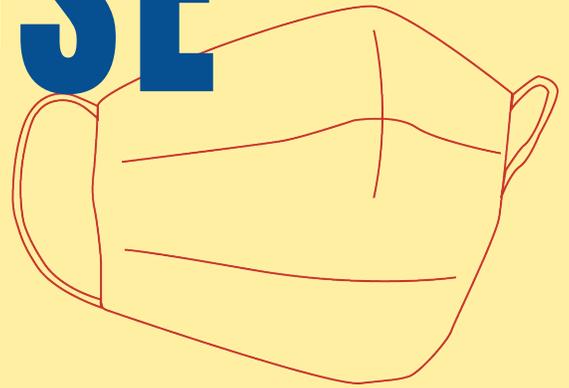


HOW TO USE A MASK



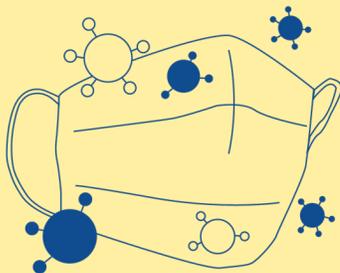
Homemade cloth masks can help to protect you from catching COVID-19 or infecting others, but only if used correctly. Here are some tips...



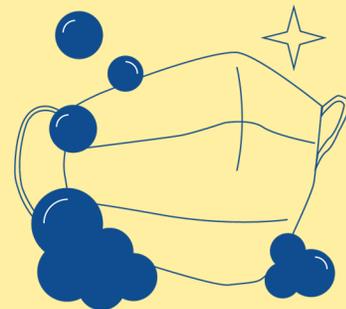
Make sure your mask fits well around the mouth and nose without gapping at the sides



Choose a mask that is comfortable enough for you to keep it on whenever you are in public places

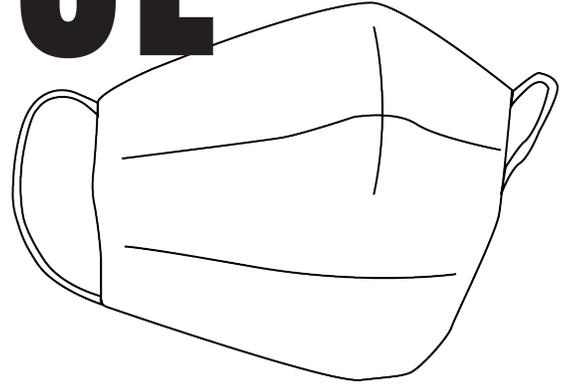


Consider the outside of the mask to be dirty. Avoid touching the mask while in use and wash hands or use hand sanitizer before and after removing or adjusting the mask.



Put your mask in the laundry whenever it is wet or soiled and at the end of each day. Cloth masks can be washed with ordinary detergent and do not have to be separated from other laundry.

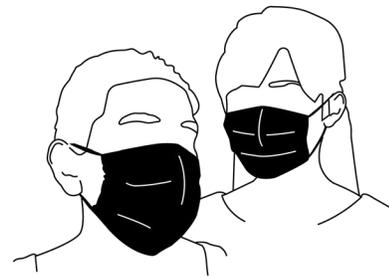
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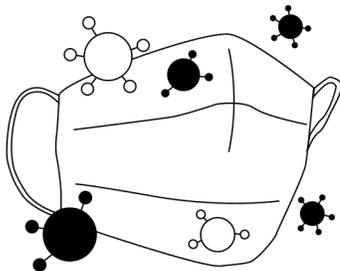
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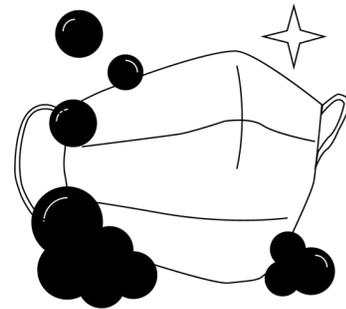
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