The do’s and don’ts of wearing a face covering

**DO**
- Keep clean masks in dry paper bag or envelope
- Clean your hands before putting on/taking off
- Covers your nose, mouth and chin
- Fits snugly, with no gaps
- Wear a mask that feels comfortable
- Change your mask when it becomes damp or dirty
- Put used masks in a new paper bag or envelope
- Wash before wearing it again

**DON’T**
- Don’t put masks on children under 2 years old
- Don’t wear a mask that is too loose
- Don’t touch your mask or face
- Don’t wear a damp or dirty mask
- Don’t leave your mask hanging from your ear
- Don’t wear your mask under your nose or chin
- Don’t share your mask with others
- Don’t forget to keep 2 metres from others while wearing your mask

Adapted from Toronto Public Health

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