A mask worn incorrectly is not safe
How to properly wear and use a mask

**DO**

1. Wash your hands with soap and water or use alcohol-based hand sanitizer before you put on, touch, or take off your mask.
2. Put the color side of the mask on the outside.
3. Use the ties or loops to put your mask on and take it off.
4. Cover your mouth, nose, bridge, and chin.
5. Be sure the mask fits snug against your face.
6. Keep your hands away from your face and head while wearing the mask.
7. Take off the mask while you are at least 3 feet away from other people.

**DON’T**

1. Touch your mask or face without first using soap and water for 20 seconds, or alcohol-based hand sanitizer until hands are dry.
2. Pull the front of the mask up or down to talk, breathe, or eat—assume the front is contaminated.
3. Touch the front of the mask.
4. Touch the front of the mask when you take it off.

Kaiser Permanente