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EXTENSION

# BE A HERO!

## WEAR A MASK!

Wearing a mask is one of the best ways to prevent the spread of COVID-19. Remember to always wear a mask, keep your distance, and wash your hands!

It's important to wear a mask—and to wear it correctly!

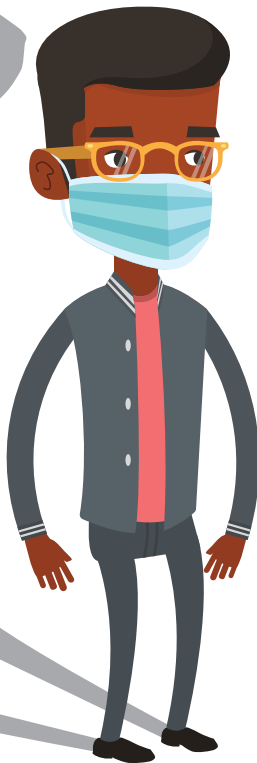


### How to wear your mask correctly

- Wash your hands or use hand sanitizer before putting on your mask.
- Put your mask over your nose and mouth and then stretch the loops over your ears. Make sure your mask fits **over your nose and under your chin!**
- Try to fit your mask snugly against your cheeks, with no gaps.
  - Make sure you can breathe easily.
  - Don't let your mask drop down around your neck. Don't push it up on your forehead.
  - When wearing your mask, try not to touch it. If you need to touch it to keep it in the right place, wash your hands or use hand sanitizer afterward.

### When to wear a mask

- Wear a mask whenever you are outside your home.
- Wear a mask whenever you are around people who don't live with you.



## How to take off your mask when you're back at home

- Stretch the ear loops and take them off your ears.
- Holding onto the ear loops, lower the mask off your face. Fold the outside edges together.
- Put your mask in the washing machine.
- Be careful not to touch your eyes, nose, or mouth when taking off your mask.
- Wash your hands or use hand sanitizer after taking off your mask.

## Who shouldn't wear a mask

- Children younger than 2 years old should not wear a mask.
- Anyone who has trouble breathing should not wear a mask.
- Anyone who cannot take off a mask without help should not wear one.

## Why wear a mask

- Wear a mask because you care. You care about your family, your friends, and people in your community.
- Wearing a mask helps keep you and others safe from disease.
- Wear a mask because you're a hero. And it's what heroes do.



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