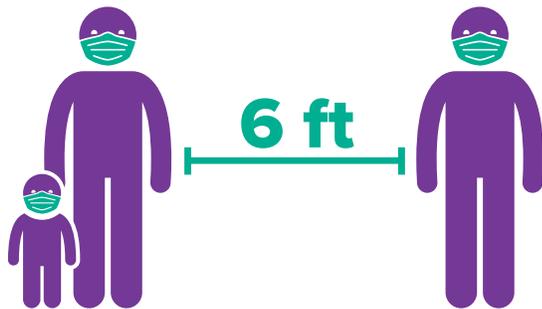


FACE MASKS: THE BASICS



Everyone over age 2 who can medically tolerate a face mask must wear one in some settings.

When to wear a mask

If you are **not vaccinated** against COVID-19, wear a mask anytime you are outside your home, especially if you are unable to maintain 6 feet of distance from others. Do not remove it to talk to others or use the phone.

If you are **fully vaccinated**, you can do many activities without wearing a mask. Our advice is to keep your mask on in public indoor settings, even when it is not required, and in any setting when you do not know the vaccination status of the people around you. Also, you must follow mask requirements of any place that you go, such as a business, school, public transportation or workplace.

If you have symptoms of COVID-19, test positive for COVID-19, or were recently exposed to someone with COVID-19, wear a mask, even if you are fully vaccinated.



How to handle a mask

Wash your hands with soap and water or use hand sanitizer before you put on, take off or adjust your mask.



Make sure the mask fully covers your nose and mouth and secure it under your chin.

Fit it snugly against the sides of your face. Make sure you can breathe easily.

Do not put the mask around your neck or up on your forehead.



Take off your mask carefully. Handle it only by the ear loops or ties.



Wash your cloth mask regularly. Do not use a disposable mask if it becomes damaged, dirty or wet.



Why wear a mask

Masks protect you and others by reducing the amount of respiratory droplets that enter the air when someone coughs, sneezes, talks, sings, or breathes.