HOW TO PUT ON A FACE COVERING
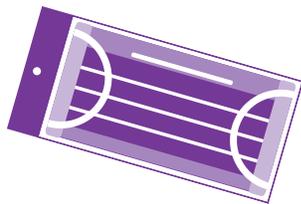
STEP 1

Wash your hands thoroughly with soap and water or use alcohol-based hand sanitizer.

STEP 2

Inspect covering for rips or other damage.

STEP 3

Identify the top and front of the covering. The stiff bendable edge or metal strip is the top. The colored side of the covering is usually the front and should face away from you.

STEP 4

Place the loops over your ears.

STEP 5

Pinch the metal strip (or stiff edge) of the covering so it molds to the shape of your nose.

STEP 6

Pull down the covering's bottom so it covers your mouth and chin. Adjust the covering as necessary to make sure it securely covers your nose and mouth.

STEP 7

Replace the covering daily or if dirty, damaged, or wet. Touch only the straps to remove and dispose in the trash. Wash hands with soap and water or use alcohol-based hand sanitizer.

NYC Health