

COVID-19: FACE MASK GUIDELINES

HOW TO WEAR FACE MASK

HOW TO REMOVE FACE MASK



Wash your hands before putting on your face mask.



Wash your hands before removing your face mask.



Place each ear loop around your ears.



Do not touch the front of your mask.



Make sure it is snug to your face.



Always remove your mask from behing your head.



The mask should cover your mouth and nose.



Discard it immediately in a closed bin.



Do not touch your mask while using it.



Wash your hands again when you are done.

For more information or updates regarding the pandemic, visit our dedicated COVID-19 webpage at www.assistamerica.com/covid-19.