

# DO'S AND DON'TS OF FACE COVERINGS DURING COVID-19



Public Health  
Seattle & King County



## DO wear a face covering safely.



Tighten the loops or ties so it's snug around your face, without gaps.



Mask should cover from just under the bridge of your nose to under your chin.

- ✓ Always wash your hands before and after wearing a mask.
- ✓ Use the ties or loops to put your mask on and pull it off.
- ✓ Don't touch the front of the mask.
- ✓ Wash and dry your cloth face covering daily.

## DON'T wear a face covering these ways:

**DON'T:** Wear the mask below your nose.



**DON'T:** Wear your mask loosely with gaps on the sides.



**DON'T:** Push your mask under your chin to rest on your neck.



**DON'T:** Leave your chin exposed.



**DON'T:** Wear your mask so it covers just the tip of your nose.



**DON'T:** Wear a vented mask. It doesn't protect others from germs.

