PROTECT YOURSELF AND OTHERS.

Wearing a mask properly, combined with proper hand hygiene and practicing physical distancing, are an effective way of preventing the spread of respiratory illnesses including COVID-19 and the flu. Masking alone does not protect against flu. Vaccination is the #1 recommendation for preventing the spread of flu.

MASKING 101

**DO**

- Wear masks made from 2-3 layers of a cotton/polyester blend, cotton or polypropylene.
- Make sure masks cover the mouth and nose.
- Wear a clean, effective mask.
- Avoid touching your face or adjusting your mask as much as possible.
- Clean/sanitize hands often with soap and water or 60% alcohol hand sanitizer.

**DON’T**

- Wear masks made from fleece, bandanas, spandex or knitted material.
- Leave your nose exposed, wear under chin or hang from ears.
- Wear a mask that is loose, wet or torn.
- Touch your mask or face with unclean hands.
- Use exam-type gloves as protection against germs if you are not working in a clinical setting.