

# Wearing a mask: Do's and don'ts



**Do** cover nose, mouth and chin



**Do** pull hair back



**Do** tie top strap first, then bottom strap



**Do** keep phones away from mask



**Don't** pull below nose



**Don't** pull below chin



**Don't** hang from one ear



**Don't** hang around neck



**Don't** cross straps



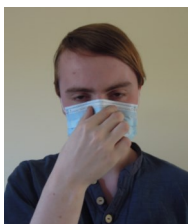
**Don't** leave straps hanging



**Don't** wear on forehead



**Don't** leave hair down



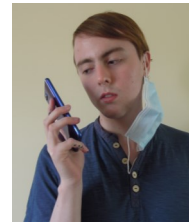
**Don't** touch front of mask after fitting



**Don't** reach under mask



**Don't** touch phone to mask



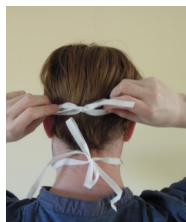
**Don't** remove mask to talk on the phone



**Don't** drink or eat with mask on



**Don't** remove mask to cough, sneeze or talk



**Don't** break top strap first, break bottom first



**Don't** wear a dirty or wet mask