How to properly put on your mask.

These are the four steps to properly putting on your mask:

1. Wash or sanitize your hands before putting your mask on.

2. Put your mask on before entering an indoor space as it is often hard to ensure social distance from the general public, and indoor spaces are the highest risk of COVID-19 transmission.

3. Make sure your mask fits properly.
   - Wear your mask over your nose and mouth and secured under your chin.
   - Make sure your mask fits snugly over your nose and against the sides of the face with the ear loops or strings secured.
   - If breathing while wearing your mask is uncomfortable or difficult, make necessary adjustments. If this doesn’t fix the problem look for a different mask type or brand.

4. If you need to sneeze or cough while wearing your mask, keep it on. Then change it, wash it or throw it away as soon as possible.