

Preventing infections:

# Treat your Mask like your underwear!

- Do not touch or adjust (especially in public).
- Do not borrow or lend.
- Make sure the fit is tight but comfortable.
- Make sure it is clean (at least daily).
- Wear the right side out.
- If it is stained, throw it away.
- If it is damp, change it.
- Don't go commando!



**STAY SAFE & PROTECT YOURSELF FROM COVID-19**