

Face mask safety: How to wear yours properly.

The CDC (Centers for Disease Control and Prevention) recommends wearing a face mask anytime you're in a public place, like the grocery store or pharmacy. Let's work together to make our community a safer place.

To wear your mask properly:

1



Put the straps over your ears or around your head.

2



Pull the mask over your nose.

3



Pull the mask under your chin.

4



Ensure it fits snugly and that you can breathe easily.

After use:

- Remove your mask, being careful to not touch your face.
- Clean your hands with soap and water.
- Wash your cloth mask or discard your disposable mask.

For more health and safety information, visit [parkview.com/covid-19](https://www.parkview.com/covid-19).