

# Protect others – wear a cloth face mask

Cloth face masks can help you protect others from germs, especially in situations when we can spread the virus without having any symptoms.



## When to wear:

- Anytime you are out in public.
- In common areas of apartment buildings such as elevators, laundry rooms and shared dining spaces.
- While picking up food or essential items.
- While riding buses and trains.

*Face masks do not replace physical distancing – stay 6 feet (2 meters) apart.*

## How to wear:

- Wash mask before first use and after each use; dry on high heat.
- Wash or sanitize hands before putting on mask and after taking it off.
- Once mask is properly positioned, do not touch it.

### Do:

- Make sure the mask fully covers your nose, mouth and chin.
- Tighten the loops or ties so the mask fits snugly on your face with no gaps.

### Don't:

- Wear your mask below your nose or cover just the tip of your nose.
- Leave chin exposed.
- Wear mask loosely with gaps on the sides.
- Push mask under your chin to rest on neck.
- Place on children under 2 years old or on anyone who has trouble breathing.

For reasonable accommodations or alternative formats please call 311 at 612-673-3000.

People who are deaf or hard of hearing can use a relay service to call 311 at 612-673-3000.

TTY users can call 612-263-6850.

Para asistencia 612-673-2700, Yog xav tau kev pab, hu 612-673-2800, Hadio aad Caawimaad u baahantahay 612-673-3500.