

# MASK DOS & DON'TS

## DO NOT



**DO NOT** remove your mask when you cough or sneeze.



**DO NOT** leave the bottom of your mask untied.



**DO NOT** wear a mask with an exhalation valve or other unrecommended face covering.

## DO



**DO** wear a mask that covers both your mouth and nose.

Your mask should sit snugly against the sides of your face and should be secured over your nose and under your chin.



**DO** keep your mask on at ALL times, including when you cough or sneeze.