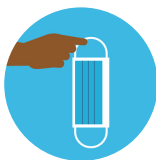


# How to Properly Wear a Face Mask

FOLLOW THESE GUIDELINES TO PROPERLY WEAR YOUR FACE MASK



Wash your hands before and after touching the mask.



Touch only the bands or ties when putting on and taking off your mask. Fold mask in half and wash after use.



Make sure you can breathe and talk comfortably through your mask.



Make sure the mask fits to cover your nose, mouth and chin. If you adjust the mask to cover those areas, wash your hands before and after.



Continue to follow everyday healthy habits. Stay 6 ft away from others. Avoid contact with others who are sick. Wash hands frequently.

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wear-cloth-face-coverings.html>

## Strategies to Keep Clear Window Face Masks from Fogging Up

There are several ways to keep see-through face masks from fogging up. Anti-fogging sprays can be purchased at any drug store or market. Below are some other DIY options. Just a small drop spread over the clear window of the face mask with your clean fingertip or cotton swab should do the trick. Let the face mask COMPLETELY air out to avoid inhaling any fumes or scents from any of these substances. Reapply periodically.



bar soap



toothpaste



shaving cream



dish soap



hand sanitizer



hand soap



shampoo



cooking oil

<https://connect-hear.com/knowledge-base/strategies-to-keep-clear-windows-from-fogging-up/>

## Washington Hands & Voices

Supporting Families of Children and Youth who are Deaf or Hard of Hearing

[www.wahandsandvoices.org](http://www.wahandsandvoices.org)

425-268-7087

