

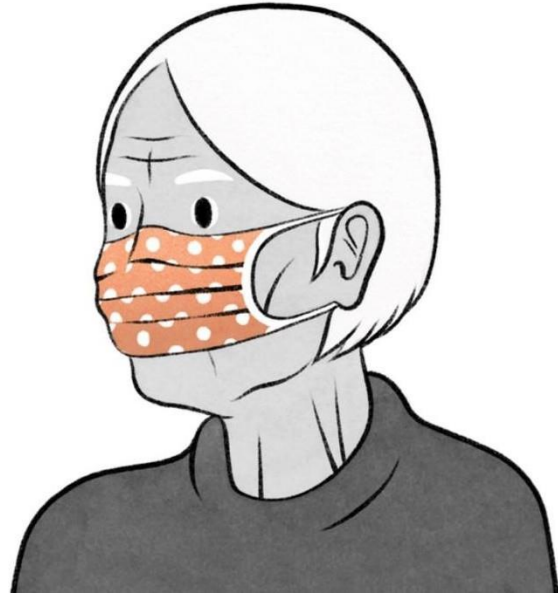
How to wear your mask:



DON'T: Wear the mask below your nose.



DON'T: Leave your chin exposed.



DON'T: Wear your mask loosely with gaps on the sides.

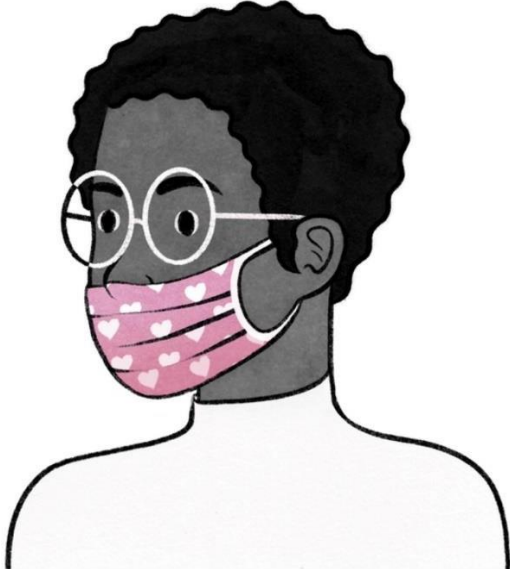


DON'T: Push your mask under your chin to rest on your neck.





DON'T: Wear your mask so it covers just the tip of your nose.



And once you've figured out the correct position for wearing your mask, follow these tips to stay safe:

- Always wash your hands before and after wearing a mask.
- Use the ties or loops to put your mask on and pull it off.
- Don't touch the front of the mask when you take it off.
- For apartment dwellers, put the mask on and remove it while *inside your home*. Elevators and stairwells can be high-contamination areas.
- Wash and dry your cloth mask daily and keep it in a clean, dry place.
- Don't have a false sense of security.

DO: Wear your mask so it comes all the way up, close to the bridge of your nose, and all the way down under your chin. Do your best to tighten the loops or ties so it's snug around your face, without gaps.



Masks offer limited protection, and work better when combined with hand washing and social distancing. "It's not that one excludes the other," said Dr. Siddhartha Mukherjee, assistant professor of medicine at Columbia University. "They compound the effects of the other."

ILLUSTRATIONS BY ELENI KALORKOTI

Source:

New York Times article: How NOT to Wear a Mask Parker-Pope, Tara (April 08, 2020)

<https://www.nytimes.com/2020/04/08/well/live/coronavirus-face-mask-mistakes.html>