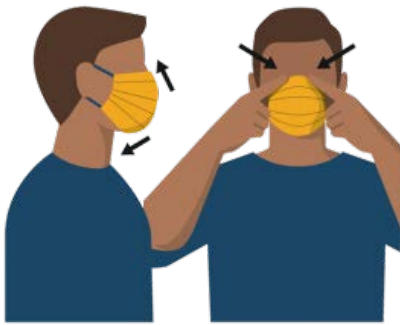# Getting through the day with your face covering

Use these helpful tips to wear and store your face covering throughout your day correctly.

Wear your Face Covering Correctly

- Wash your hands before putting on your face covering.
- Put it over your nose and mouth and secure it under your chin.
- Try to fit it snugly against the sides of your face.
- Make sure you can breathe easily.

Use the Face Covering to Protect Others

- Wear a face covering to help protect others in case you're infected but don't have symptoms.
- Keep the covering on your face the entire time you're in public.
- **Don't** put the covering around your neck or up on your forehead.
- **Don't** touch the face covering, and, if you do, wash your hands.

Take Off Your Cloth Face Covering Carefully

- Untie the strings behind your head or stretch the ear loops.
- Handle only by the ear loops or ties.
- Fold outside corners together.
- Place covering in the washing machine (learn more about how to wash cloth face coverings).
- Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing.

Use these helpful tips to wear and store your face covering throughout your day correctly.

How to wear your face covering.

- Wear your face covering securely over your mouth and nose.

How to store your face covering when going to the bathroom, taking a drink, or eating.

- Place your face covering on a clean paper towel. (Exterior of the face covering facing down with the ties placed away from the inside.)
- Store your face covering in a clean paper bag.

How NOT to wear your face covering.

- Do not wear your face covering under your mouth.
- Do not pull your face covering under the chin, even to drink.
- Do not wear your face covering on your elbow.
- Do not hang your face covering from one ear.

Remember to always use proper hand hygiene before putting on and taking off your face covering.