**Masks Required**

**Do choose masks that**
- Have two or more layers of washable, breathable fabric
- Completely cover your nose and mouth
- Fit snugly against the sides of your face and don’t have gaps

**Do not choose masks that**
- Are made of fabric that makes it hard to breathe, for example, vinyl
- Have exhalation valves or vents, which allow virus particles to escape
- Are intended for healthcare workers, including N95 respirators or surgical masks

Be sure to wash your hands before putting on a mask. Do NOT touch the mask when wearing it.

Your mask should:
- Cover your nose and mouth, secure under your chin
- Fit snugly against the sides of your face

**How NOT to wear a mask**
- Around your neck
- On your forehead
- Under your nose
- Only on your nose
- On your chin
- Dangling from one ear
- On your arm

**Face shields: NOT a mask substitution**
Face shields and goggles may be worn only in addition to a mask and are not a mask replacement. Goggles do not cover the nose and mouth. Face shields have large gaps below and alongside the face, where respiratory droplets may escape and reach others around you.

Content source: National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases

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