

Novant Health

Wear a mask. Slow the spread. Protect your neighbors.

HOW TO WEAR A MASK



Cloth face coverings should:

- Fit snugly but comfortably against the sides of the face.
- Cover both the mouth and nose.
- Be secured with ties or ear loops.
- Include multiple layers of fabric.
- Allow for unrestricted breathing.
- Be able to be laundered and machine-dried without damage or change to shape.

AFTER MASK USE

After using your mask:

- Do not touch your eyes, nose or mouth.
- Wash your hands immediately after removing your mask.
- Do not take your mask on and off while it's in use.
- Wash cloth masks regularly in your washing machine.
- Social distancing and hand washing remain important.

Learn more about how we are masking our communities at NovantHealth.org/mask.