

How to Wear A Face Mask

Main Points

- Masks should cover both nose and mouth
- Avoid touching the outside of your mask or pulling it up or down
- Masks should be washed daily
- Masks should fit snugly

[CDC - How to wear a face mask](#) - Web page with instructions on how to wear a mask properly.

[Today Show Video on how to wear a face mask](#)

[World Health Organization Video on how to wear a fabric mask](#)

