

MASKS: Do This, Not That

Help slow the spread and wear a mask – the right way.

Whether you're getting groceries or stopping by the pharmacy, it's a good idea to wear a cloth face covering or mask. Like social distancing, they help us protect each other from coronavirus disease 2019 (COVID-19) in public places.

DO	DON'T
cover your mouth and nose with the mask	pull it down until you're away from others
make sure the mask fits snugly against the sides of your face	wear it so loose it falls, or so tight it's uncomfortable
tie or hook the mask to your ears	hold it to your face with your hands
include more than one layer of fabric	make the mask so thick it's hard to breathe
use a fabric that can be easily washed and dried	use masks healthcare providers need (like surgical masks)

As you adapt to this new normal, you're not alone. We're here for you, no matter what time it is. Keep up with the latest care advice at [AtriumHealth.org/Coronavirus](https://www.AtriumHealth.org/Coronavirus).

