

Protect Yourself and Others from COVID-19

HOW TO WEAR A MASK



To get the best protection, make sure your mask fits well

- It should completely cover your nose and mouth.
- It should fit snugly against your nose, the sides of your face and under your chin, without gaps.

Do:

- Choose a mask made with two or more layers of tightly woven, breathable material.

Don't:

- Wear masks with a valve.
- Use a bandana or scarf as a mask.
- Use a face shield in place of a mask.

For more information, visit: ph.lacounty.gov/masks

HOW TO MAKE YOUR MASK FIT BETTER



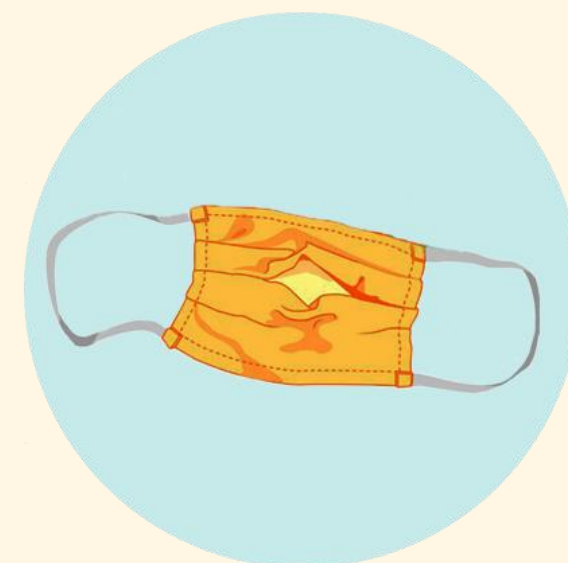
Use a mask with nose wires



Double Mask: Wear a cloth mask over a disposable mask



Knott and Tuck: Knot the ear loops at the edge of the mask and tuck the extra material



Use a mask with a filter

