Masks can help reduce the chances of COVID-19 infection. Proper mask use increases levels of shared protection.

- **DO** cover both your nose and mouth at all times
- **DON’T** wear your mask below your nose
- **DO** wear loops over both ears
- **DON’T** leave mask only on one ear
- **DO** wear on both ears during phone calls
- **DON’T** take off your mask during phone calls
- **DO** keep mask on when talking to others
- **DON’T** wear your mask under your chin
- **DO** keep a social distance of 6 feet or more
- **DON’T** eat near another person
- **DO** remove mask using ear loops
- **DON’T** touch your mask