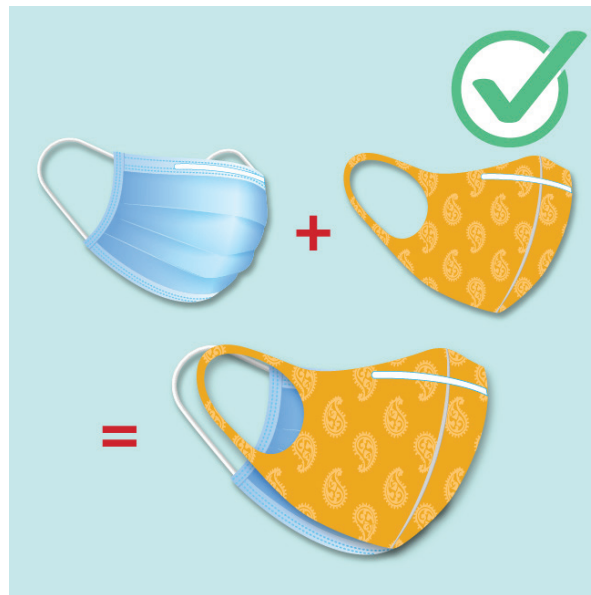


# CDC's Guidance on How to Best Wear A Face Covering



- A face covering should cover your nose and mouth, and fit securely under your chin. Use a face covering with a nose wire and bend it to fit the covering more snugly to your face.
- The CDC recommends double masking. Wear a disposable mask under a cloth mask.
- Wash your hands or use sanitizer before putting on or taking off your face covering.
- Do not touch your face covering while using it.



SOURCE: Center for Disease Control

