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