

## **Wear your Mask Correctly – Adapted from the CDC and an *AJC* article, August 20, 2020**

- Wash or sanitize your hands before putting on your mask
- Put it over your nose and mouth and secure it behind your head or over your ears
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- If it becomes wet or dirty, change it
- If you are not at home and need to change your mask in the middle of an activity, you should store it in a sealed bag (like a Ziplock) until you can launder it. *GSAE's registration desk has snack sized Ziplocks.*
- When removing your mask: wash or sanitize your hands first, remove it by only touching the straps, not the front or inside, then wash or sanitize your hands again
- Regularly wash your mask in soap and water or in the washing machine. It is fine to launder masks with other clothing.
- CDC does not recommend use of masks or cloth masks for source control if they have an exhalation valve or vent