

# How to Wear a Mask like a Health Hero!

## Help slow the spread in 2021 by wearing a mask—the right way!

When you breathe, cough or sneeze you can send virus droplets out into the air. If you carry the virus and you send these little droplets out, they can infect your friends or family. Even if you are not sick, the virus could make people around you very sick. **Universal masking for all children two years of age and over in school this year is recommended by the Centers for Disease Control and Prevention (CDC) and the American Academy of Pediatrics (AAP).**

### DO



wash your hands before putting your mask on

cover your nose and mouth with your mask

make sure your mask fits snug against the sides of your face

tie mask behind your head or hook behind your ears

wear masks that include multiple layers

### DON'T



pull your mask down until you're away from others

wear your mask too loose or too tight

touch your mask frequently with your hands, or pull it down to talk to someone

hold it to your face with your hands

make a mask so thick it's hard to breathe



*Information above sourced from the recommendations of the Centers for Disease Control and Prevention (CDC) and Atrium Health's "Masks: Do This, Not That".*