Protect Yourself and Others from COVID-19

**HOW TO WEAR A MASK**

To get the best protection, make sure your mask fits well:

- It should completely cover your nose and mouth.
- It should fit snugly against your nose, the sides of your face and under your chin, without gaps.

**Do:**

- Choose a mask made with two or more layers of tightly woven, breathable material.

**Don’t:**

- Wear masks with a valve.
- Use a bandana or scarf as a mask.
- Use a face shield in place of a mask.

For more information, visit: [ph.lacounty.gov/masks](http://ph.lacounty.gov/masks)

**HOW TO MAKE YOUR MASK FIT BETTER**

- Use a mask with nose wires
- Double Mask: Wear a cloth mask over a disposable mask
- Knott and Tuck: Knot the ear loops at the edge of the mask and tuck the extra material
- Use a mask with a filter

2/19/21