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 <u>and</u> 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**

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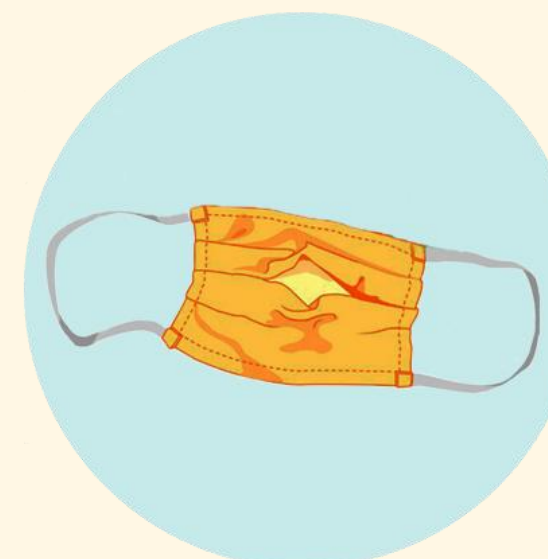## HOW TO MAKE YOUR MASK FIT BETTER

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

COUNTY OF LOS ANGELES
Public Health