

MASK ON TO MOVE ON



How to Wear a Cloth Mask



Let's do our part in keeping each other safe by wearing and washing our cloth masks properly!



Step 1

Wash your mask in hot water at the highest temperature and dry in dryer at highest temperature



Step 2

Wash your hands thoroughly before putting on your mask.



Step 3

Pick up your mask by handling it by the ear loops or straps. Avoid touching the mask as much as possible.



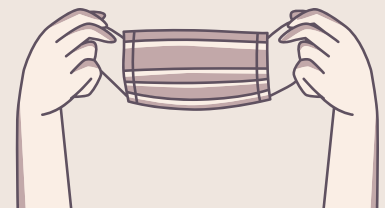
Step 4

Place the mask over your mouth and nose and make sure it is snug to your face. When wearing, touch it as little as possible.



Step 5

Before removing your mask, wash your hands thoroughly.



Step 6

Remove the mask by the ear loops or straps. Wash your hands and then repeat the process at Step 1.



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Call 510-297-0499
for COVID resources

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Safety Tips



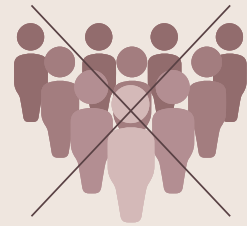
Let's do our part in keeping each other safe by practicing the following safety tips!



Stay home and keep in touch with your doctor. If you are having a medical emergency, call 911.



When outside, wear a mask and maintain a distance of about 6 feet or 2 arm lengths from others.



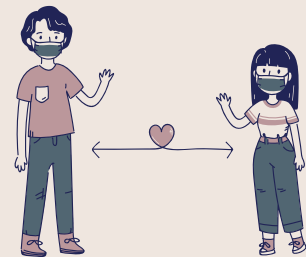
Avoid large gatherings given the higher risk of spreading and contracting COVID-19.



Always cover your mouth and nose with a tissue or your elbow when you sneeze or cough.



Wash your hands with soap and water often. Use hand sanitizer if soap and water are not readily available.



If someone is sick with COVID in your home, wear masks in the home and maintain distance.



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