

COMMIT TO HEALTHY HABITS

together

TIPS FOR WEARING FACE COVERINGS:

- Should fit snugly against your face.
- Only touch the straps.
- Make sure it covers both your mouth and nose.
- If you can blow a candle out through it, it's not thick enough.
- Wash your hands before putting it on.
- Continue to maintain physical distance.



DISPOSABLE MASKS:

Often used in medical settings; designed to prevent the wearer from spreading respiratory droplets.



FACE SHIELDS:

Curved plastic that protects the wearer from droplets. Should be worn with a mask, not on their own.



CLOTH MASKS:

Two-layer tightly woven fabric; environmentally-friendly; can be washed and re-used.



BANDANAS:

Do not meet standard for face coverings. Generally too open and thin to provide adequate protection.



GAITERS/BUFFS:

A tube of fabric that can be pulled up over the nose and mouth. Fabrics can be thinner, so try to double up.