

Caring for Your Face Mask

It is important to wear and care for your face mask **CORRECTLY**. This helps slow the spread of COVID-19!

How to Wear a Face Mask



1 Clean hands with **soap and water** before and after wearing your mask.



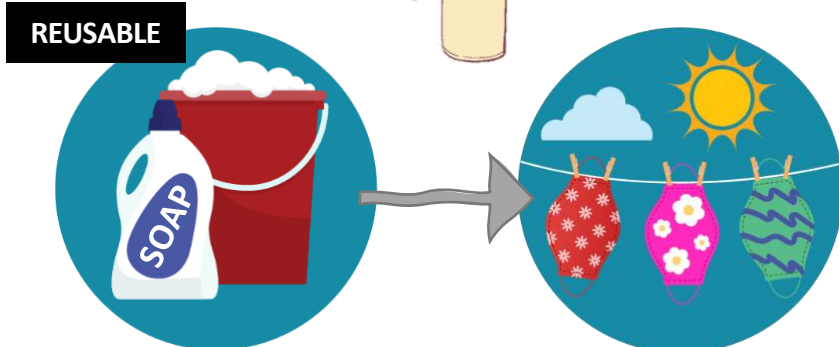
2 Place a **clean mask** on your face so that it covers your nose and mouth. Avoid touching the inside or front of the mask. **Never** use your hands to keep your mask in place.



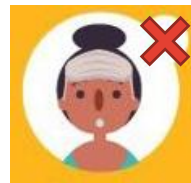
3 Tie the **upper strap** first, then the **lower strap**. Your mask should fit properly. Not too tight. Not too loose.

How to Remove a Face Mask

1. Wash your hands with **soap and water** before and after removing your mask.
2. Untie the bottom strap, then untie the top.
3. Remove the mask without touching the front or inside.
4. Discard **DISPOSABLE** masks in a closed trash can.
5. If **REUSABLE** (kitenge/cloth), drop the mask in a bucket with **hot water and soap**. Wash thoroughly!



DOs (✓) & DON'Ts (X)



The **Ministry of Health in Kenya** recommends the general public use kitenge or cloth face masks, so health care workers and first responders have enough medical masks to protect themselves. Do **NOT** put a mask on children less than 2 years old. **Thank you!**