**COVID-19: Wearing a mask**

1. **Placing a mask on your face**

* Sanitize your hands by washing or the use of hand sanitizer
* Place the mask over your chin, mouth, and nose **prior to** entering the school
* The mask must cover the chin, mouth and nose, and have as little gapping as possible without restricting your airway.

1. **Removing your mask**
   * You must be six feet away from anyone else
   * Wash your hands/sanitize
   * Remove your mask by attempting to avoid touching the part that goes over your nose/mouth
   * Take a nice deep breath and enjoy your mask free face
   * Place your mask somewhere to keep it free of germs for when you will need to put it back on.
   * Cloth Masks should be laundered daily.
2. **What to avoid while wearing a mask**
   * DO NOT touch your mask to adjust it without washing your hands
   * DO NOT pull your mask down so that your nose is sticking out
   * DO NOT wear your mask around your neck while providing client care
   * DO NOT wear the same mask if your mask gets soiled or wet
   * DO NOT touch your face with your hands, unless you wash or sanitize them first. And then wash or sanitize them again after touching your face.

https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html