



BE A MASK HERO

When you wear a face mask, you **keep other people safe** from the germs that come out of your nose and mouth. This can help stop the **coronavirus** from spreading. And don't worry—it's **easy to wear one**, and you can breathe, talk, and laugh just like you always do!

MASK DOS AND DON'TS



DO use the ear bands to put on and take off your mask.



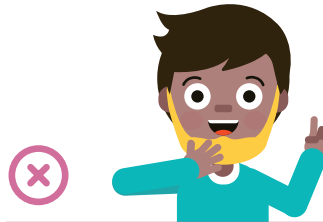
DO keep both your nose AND your mouth covered.



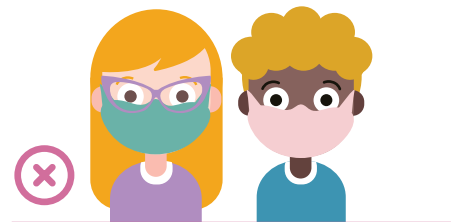
DO wash your hands for 20 seconds before you put it on or remove it.



DON'T touch the front of your mask.



DON'T wear your mask on your chin or around your neck.



DON'T get too close to others. Stay 6 feet apart, even with a mask on!

ROLE MODELS

Lots of people **wear masks in their jobs** to stay safe.

- **Doctors and nurses** wear them to protect themselves and their patients from germs.
- **Scientists** wear them in the laboratory so they won't breathe in dangerous chemicals.
- **Firefighters** wear them so they don't breathe in smoke.
- **Scuba divers** wear them so they can breathe underwater.