

WEAR A MASK

to **PROTECT YOURSELF**
from illness and disease

To work properly, your mask should



Be close to
your face



Fit under
your chin



Cover your nose
and mouth



Let you
breathe easily



If you need help making sure your mask fits well, ask someone you feel safe with for help.



REMEMBER!

People who help you **should also wear masks** over their noses and mouths to protect you from germs and sickness.

