Importantly, as COVID-19 continues to spread within the United States, CDC has recommended additional measures to prevent the spread of SARS-CoV-2, the virus that causes COVID-19. In the context of community transmission, CDC recommends that you:

How to Put On and Wear Your Mask Correctly
- Wash your hands or use hand sanitizer before putting on your mask
- Put it over your face and mouth
- Be sure your mask fits snugly against the sides of your face and under your chin
- Make sure you can breathe easily

Wear a Mask to Protect Yourself and Others
- Wear a mask over your nose and mouth to help prevent getting and spreading COVID-19
- Wear a mask in public settings, if you are not fully vaccinated

How to Take Off Your Mask
- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Wash hands immediately after removing

Other Ways to Protect Yourself
- Avoid crowds and places with poor ventilation
- Wash your hands often
- Get a vaccine when it is offered

For more information, go to:
cdc.gov/coronavirus