

How to Wear a Mask (31 seconds)

Wearing a mask helps prevent the spread of COVID-19.

Wear your mask correctly:

- Wash your hands with soap and water for at least 20 seconds before putting on your mask.
- Holding the ear loops or ties, make sure the mask covers your nose and mouth, and secure it around your chin.
- Try to fit it snugly against the sides of your face.
- Make sure you can breathe easily and keep the mask on the entire time you're in public.

To learn more, visit [c-d-c dot g-o-v slash coronavirus](https://www.cdc.gov/coronavirus).