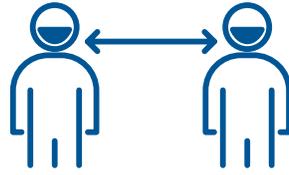


# Tips For Wearing A Mask

## When you should wear a mask:



You or someone in your home has tested positive for COVID-19 or has been exposed to someone who has tested positive for COVID-19.



In crowded outdoor spaces.



In public indoor spaces.



### When putting on or taking off a mask:

- Wash or sanitize your hands before putting on or taking off a mask.
- When removing the mask, try not to touch the front of it.



## N95 and KN95 masks



N95 and KN95 masks (also known as respirators) can be used for several hours a day for about a week or until soiled or they no longer fit snugly. Store N95 and KN95 masks in a dry place like a paper bag.

### How to wear an N95

1. Position the mask over your nose and mouth with the nose piece at your fingertip.
2. With your other hand, pull the straps over your head. The bottom strap goes below the ears, around the neck. The top goes at the top-back of your head.
3. Press the nose piece down on both sides to mold it to the shape of your nose.
4. Place both hands over the respirator. Inhale quickly and then exhale. If you feel leakage from the nose, readjust the nosepiece; if leakage from the respirator edges, readjust the straps. Repeat until you get a proper seal.

### How to wear a KN95:

1. Position the mask over your nose and mouth with the nose piece at your fingertips.
2. Put the side straps over each ear.
3. Press the nose piece down on both sides to mold it to the shape of your nose.

## Surgical masks



- Surgical masks should be paired with a cloth mask for extra protection.
- Put the surgical mask on first, then the cloth mask.
- Do not layer two surgical masks together.

**Document accessibility:** For individuals with disabilities or individuals who speak a language other than English, OHA can provide information in alternate formats such as translations, large print, or braille. Contact the COVID-19 Communications Unit at 1-971-673-2411, 711 TTY or [COVID19.LanguageAccess@dhsosha.state.or.us](mailto:COVID19.LanguageAccess@dhsosha.state.or.us)