Oregon TECH

Face Covering Do's and Dont's

The main goal of a face covering is to prevent you from spreading the virus to other people. People can spread COVID-19 days before they feel sick.

Do

Before Putting on a Face Covering:

Wash hands with soap and hot water for **at least 20 seconds.** Use hand sanitizer when hand washing isn't possible. **Inspect the face covering for damage or dirt.**

While Wearing a Face Covering:

1. **Cover your mouth and nose with the face covering.** Make sure there are no gaps between your face and the face covering.

2. **Avoid touching the face covering**. If you do, clean your hands.

3. Replace the face covering with a new one as soon as it is damp. **Do not re-use single-use face coverings.**

To Remove the Face Covering:

1. Remove the face covering from behind using the strings. **Do not touch the front.**

2. **Store in a disposable bag** until ready to wash the face covering. **Dispose of single-use.**

3. **Wash hands with soap and hot water** after removing face covering.

4. If re-usable, wash the face covering in **soap or detergent after each use.**

DON'T

1. **Do not touch the front of face covering.**

2. Don't wear a **loose** face covering.

3. Do **not wear** the face covering **under the nose.**

4. **Don't remove** the face covering when talking to **people closer than 6 feet.**

5. Do not wear a **dirty or wet face covering.**

6. **Don't share** your face covering with others.

Don't come to school or work if you are not feeling well.