



# How to wear a face mask

There are two types of face masks you can use: cloth masks and surgical/N95 masks.

Masks not allowed: valved, vented, lace, mesh, crocheted, knitted, neck gaiters, bandanas, and face shields without masks are also not allowed.

If you are unsure if your mask will work, please contact our main office at 970-472-4156 or talk to Sue, Analia, or Jenna.



**Wearing a face mask protects you and your community by providing an additional physical barrier to coronavirus (COVID-19).**



Wash your hands before putting on the mask.



Make sure it covers your nose and mouth and fits snugly under your chin, over the bridge of your nose and against the sides of your face.



**Do not touch the front of the mask while wearing it.**

If you do touch the mask, wash or sanitise your hands immediately.  
Do not allow the mask to hang around your neck.



To remove the mask wash or sanitise your hands first.

Carefully remove your mask by grasping the ear loops or untying the ties. For masks with a pair of ties, unfasten the bottom one first, then the top one.

If your mask has filters, remove them and throw them away.

Fold the mask and put it directly into the laundry or into a disposable or washable bag for laundering. Single use surgical masks should be disposed of responsibly.



Wash or sanitise your hands after removing the mask.

## What you need to keep doing

- Wash your hands regularly
- Keep 6 feet from others
- Get tested, even if you have mild symptoms
- Stay home if you're feeling unwell

