Who should not wear a mask?

- Children under age 2.
- Anyone needing help to remove the mask.
- People who have trouble breathing.



Tips for Wearing a Mask



Wear a mask that fits well and is comfortable.



Make sure your mask completely covers your nose, mouth, and chin.



Choose a mask that offers the best protection. N95 or KN95 masks are best, if you can.



Clean your hands before and after touching your mask.



Wear your mask below your nose.



Touch the front of your mask while wearing it.



Or, a mask with at least two layers of tightly woven fabric.



Wash your cloth mask each time you use it. If reusing N95/ KN95, store in a paper bag.



Wear a mask with gaps on the sides of face or nose.



Share your mask with other people.





Wear a mask that is dirty, damp, or damaged.



Pull the mask down under your chin.



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