How to wear your mask – Kaiser Permanente®

On-screen: [How to wear your mask. Wearing a mask is only effective if you know how to wear it properly. Kaiser Permanente®]

On-screen: [How to wear your mask. Wearing a mask is only effective if you know how to wear it properly. Protect yourself and help slow the spread of COVID-19 by wearing your mask correctly. Kaiser Permanente®]

On-screen: [Wash your hands with soap and water or use alcohol-based hand sanitizer before you put on, touch, or take off your mask.]

On-screen: [Use the ties or loops to put your mask on and take it off.]

On-screen: [Cover your mouth, nose bridge, and chin.]

On-screen: [Be sure the mask fits snugly around your face.]

On-screen: [Keep your hands away from your face and head while wearing the mask.]

On-screen: [If you use your mobile phone, hold it away from your face so it doesn’t touch your mask.]

On-screen: [Never touch the front of your mask. Assume the front is contaminated.]

On-screen: [Don’t pull the front of your mask up or down to talk, breathe, eat, or use your phone.]

On-screen: [Make sure you're at least 6 feet away from other people when you take your mask off.]

On-screen: [Thank you for wearing your mask to help slow the spread of COVID-19.]


End of: How to wear your mask – Kaiser Permanente®.

Video duration: 01:19