How to Wear a Mask

Face masks help protect everyone.

Here's how to wear your face mask properly.

STEP 1
Wash your hands carefully before putting on your mask.

STEP 2
Place loops around your ears, or tie the straps behind your head and neck.

STEP 3
Carefully pull/stretch the mask to make sure it covers your nose and mouth.

STEP 4
If possible, tuck the mask under your chin to help prevent it from shifting.

STEP 5
Make sure you can breathe easily.

In California, you are required to wear a face mask when outside of the home, with limited exceptions.

Sutter Health Plus
Your Health Plan