

Mask Up Muskegon

#MaskUpMSK

Community Resources:

For food, rent, childcare,
or other types of
assistance, call 2-1-1

Michigan
COVID-19 Hotline:
888-535-6136

HealthWest (Mental
Health) Warm Line:
231-722-HELP (4357)

Suicide
Prevention Hotline:
800-273-TALK (8255)



**Do not wear
below the nose**



**Do not leave your
chin exposed**



**Do not wear a
loose fitting mask**



**Do not wear on
the tip of the nose**



**Do not lower your
mask to speak**



**Do not put masks
on kids under 2**

HOW TO PROPERLY USE A MASK



Wash your hands with soap and water for 20 seconds or use hand sanitizer with at least 60% alcohol prior to handling your mask.



Hold the mask **ONLY** by the straps/ties and fasten them behind your ears/head. The mask should cover the bridge of your nose and mouth and be secured under your chin.



Make sure the same side is facing out each time you use your mask.



Avoid touching the mask when you are putting it on or while wearing it.

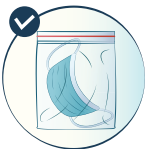
To remove your mask, untie the strings behind your head or stretch the ear loops and remove the mask.



Wash your mask frequently in the washing machine or with soap/detergent in the sink. Dry before using.



Store the face covering between uses in a place where it will remain clean and sanitary, such as a plastic sandwich bag.



Wash your hands with soap and water for 20 seconds or use hand sanitizer with at least 60% alcohol after handling your mask.

