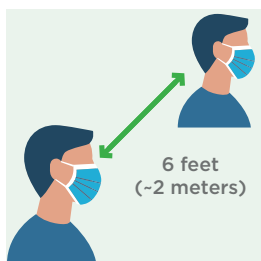


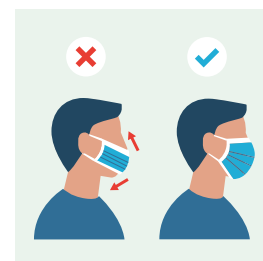
# TIPS FOR WEARING A MASK



Practice 6-feet physical distancing, even if you are wearing a face covering.



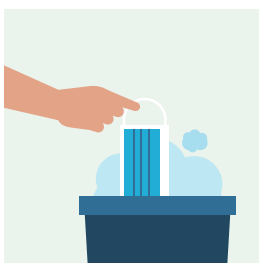
Masks should be worn horizontally and fit snugly but comfortably.



Masks should cover nose, mouth and chin at all times.



Clean your hands before putting the mask on and immediately after removing it.



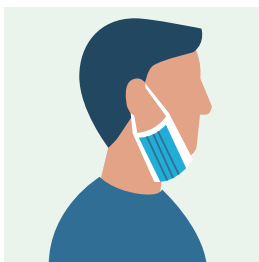
Laundry routinely, and store properly.



Remove and store your mask before eating or drinking.



Do not touch your mask while wearing it; if you do, wash your hands immediately.



Masks should not hang on one ear, around neck or be pushed to forehead.



Do not touch your eyes, nose or mouth when removing your mask.

**COVID-19**  
**PREVENTION**



**Lima Memorial**  
HEALTH SYSTEM  
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