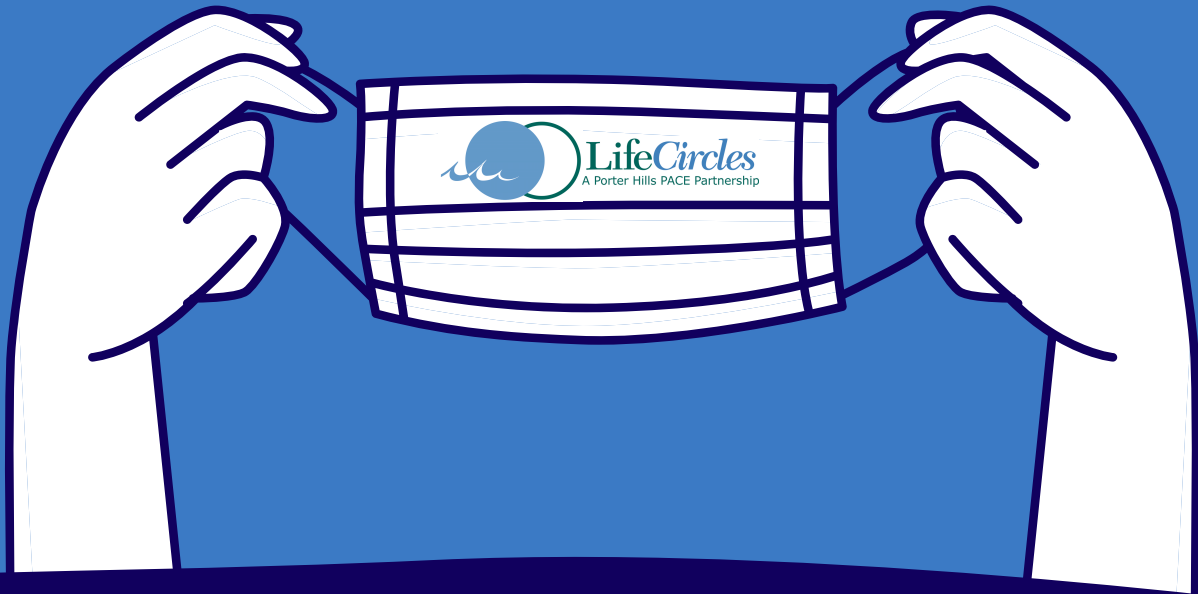
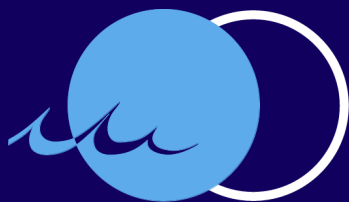


How to Safely Wear a Face Mask in Hot Weather



Tips:

- ✓ Wear a mask when indoors or in crowded outdoor spaces where social distancing is not possible.
- ✓ If outdoors and unable to socially distance, wear a mask that is light in color as dark colors may become hotter.
- ✓ Breathe through your nose when wearing a mask, which will result in less heat and humidity under your mask.
- ✓ If you feel overheated, remove the mask and rest in a well-ventilated, cool area.



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Do's

- ✓ Put it over your nose and mouth and secure it under your chin.
- ✓ Try to fit it snugly against the sides of your face.
- ✓ Make sure you can breathe easily.
- ✓ Keep the covering on your face the entire time you are in public.
- ✓ Discard disposable mask, or wash a cloth mask in the washing machine after use.
- ✓ Wash your hands immediately after.



Dont's

- ✗ Don't use a ripped or damp mask.
- ✗ Don't wear the mask only over mouth or nose (both must be covered).
- ✗ Don't wear a loose mask.
- ✗ Don't rest your mask around your neck or forehead.
- ✗ Don't touch the mask (only touch the strings).



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