



IF YOU WEAR A FABRIC MASK

- ✓ Wash your mask every night or as often as possible.
- ✓ Do not share your mask with anyone.
- ✓ Do not put a fabric mask on children under 2 years old.
- ✓ Wash hands before and after putting on your mask.
- ✓ Do not touch your face when removing your mask.
- ✓ Mask needs to have several layers of fabric.
- ✓ If you can't breathe in it, removing a layer may help.
- ✓ Mask should fit snugly but comfortably.
- ✓ Smize (Smile with your eyes).

For more resources
visit uihi.org/covid



**Urban Indian
Health Institute**
A Division of the Seattle Indian Health Board