

Wearing a Mask During COVID-19

To prevent the spread of COVID-19, we ask that you wear a face mask whenever you are in one of our facilities. The only time you should take off your mask is when you are alone in a private room or sleeping.



Your mask should be held on with ties or ear loops.



It should fit comfortably (but snugly) against the side of your face, and not restrict your breathing.



Do not touch your mask while you are wearing it.



When you take off your mask, do not touch your eyes, nose, or mouth.



Wash your hands immediately.



Cloth masks should not be put on:

- children under 2
- anyone who has trouble breathing
- anyone who is unconscious
- anyone unable to remove their mask without help.