



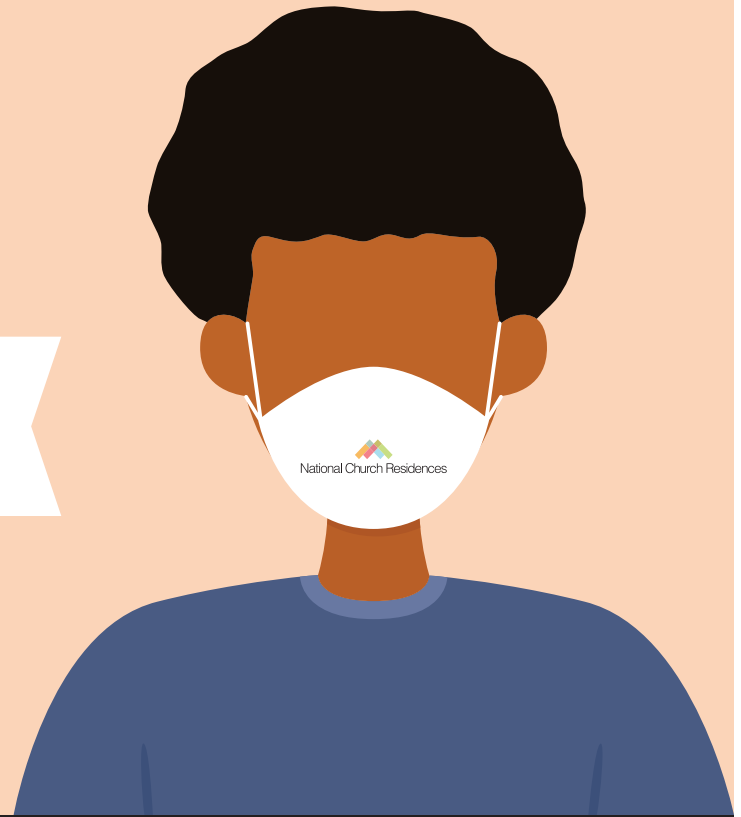
National Church Residences

DO'S & DON'TS

Mask Care & Wear

National Church Residences promotes a culture of mask wearing by our staff, residents, clients and partners to protect ourselves and others to the highest extent when in social situations.

We've put together a helpful list of "Do's & Don'ts" on how to wear & care for your mask.



DO'S:

- Wear a cloth or medical facemask whenever you are within 6 feet of other people.
- Make sure your mask fits snug to your face & below your chin.
- Use the ties or loops to put your mask on and pull it off.
- Always wash your hands before and after wearing a mask.
- Hand wash with soap and water or machine wash your cloth mask daily.
- Between daily washes, take care when re-applying your fabric mask to keep the same side facing outward.

DON'TS:

- Wear the mask below your nose.
- Leave your chin exposed.
- Push your mask under your chin to rest on your neck.
- Wear your mask so that it only covers the tip of your nose.
- Touch the front of the mask when you re-apply it or take it off.
- Take off your mask to speak with someone.
- Wear a mask that is damaged.

Take the Pledge: www.beamaskcrusader.com