LOVE
I wear this face mask every time I leave my home
TO PROTECT MY LOVED ONES

CLOTH FACE COVERINGS DO’S AND DON’TS

• Make sure you can breathe through it
• Wear it whenever going out in public
• Make sure it covers your nose and mouth
• Wash after using
• Do not use on children under two years old
• Do not use surgical masks or other PPE intended for healthcare workers

ALBUQUERQUE AREA SOUTHWEST TRIBAL EPIDEMIOLOGY CENTER
WWW.AASTEC.NET

WHERE SHOULD I GO FOR THE MOST UP-TO-DATE INFORMATION?
www.cdc.gov/coronavirus
1-855-600-3453 Coronavirus Hotline
www.coronavirus.gov
www.ihs.gov

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