HOW TO WEAR
TWO FACE COVERINGS

Face coverings save lives. Always wear a face covering that snugly covers your nose and mouth when you are around other people, and even around household members if you or they are sick or were recently exposed to someone with COVID-19. Consider wearing two face coverings. Two face coverings may better protect you and others by adding layers and helping ensure a snug fit. If you decide to wear two face coverings, **wear a cloth face covering over a disposable mask**. Do not wear two disposable masks or a face covering over a higher-grade mask like a KN95. Here's how to wear two face coverings properly.

Disposable Mask

Cloth Face Covering

Disposable Mask + Cloth Face Covering

STEP 1

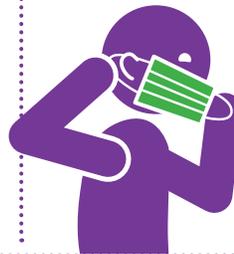Wash your hands with soap and water or use alcohol-based hand sanitizer.

STEP 2

Inspect both face coverings for rips or other damage.

STEP 3

Identify the top and front of the disposable mask. The stiff bendable edge or metal strip is the top. The colored side is usually the front and should face away from you.

STEP 4

Place the loops of the disposable mask over your ears. Knot the ear loops and fold or tuck in extra material to ensure a snug fit.

STEP 5

Pinch the stiff edge or metal strip so that it molds to the shape of your nose.

STEP 6

Pull down the disposable mask so it covers your mouth and chin.

STEP 7

Repeat steps 4 to 6 with a cloth face covering. Make sure both face coverings cover your nose and mouth and are snug against your face.

! To remove the face coverings, wash your hands and touch only the straps. Do not reuse a disposable mask if it becomes damaged, dirty or wet. Wash cloth face coverings regularly and wear only when dry.

NYC Health