



# Tips for Wearing a 3M™ Daily Face Mask

Follow these steps to put on, take off and wear your 3M Daily Face Mask.



3M Daily Face Masks are suitable for everyday wear in public places, are hand washable and reusable for long-lasting value. Our non-medical cloth face masks have two layers of cotton fabric, adjustable ear loops and nose clip designed for comfort.

## Tips to Keep in Mind

### Practice good hygiene

Wash your hands with warm, soapy water for 20 seconds before putting on and after removing your 3M Daily Face Mask to avoid transferring any dirt or germs to the mask. Use hand sanitizer with at least 60% alcohol if you can't wash your hands.

### Ensure mask is in good condition

Take the mask by the ear loops and inspect before putting it on. If you see any holes, tears or other damage, throw it away and use a new one that's in good condition.

### Do not pinch the nose strip

3M Daily Face Masks have an adjustable nose clip. Rather than pinching the nose clip shut, use both hands to bend the nose clip so it rests snugly against your nose and face.

### Full coverage is important

Your mask should cover your nose and mouth at all times, even when you're moving your mouth or head. The mask should rest comfortably and snugly against your face.

### Once it's on, keep it on

Taking your face mask on and off creates an opportunity for germs to spread — to and from your body. While in public, don't pull your mask down from the bridge of your nose or let it dangle from one ear. Masks are only as effective as the user, so keep it on for as long as you're around others.

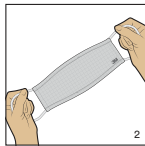
### Clean your mask immediately and properly

3M Daily Face Masks should be washed after every use to help reduce the spread of germs. Hand wash these masks vigorously with warm water for at least 5 minutes. Rinse and air dry. Our convenient multipacks mean you'll be set for several outings.

## How to Wear



**1.** Wash your hands before putting the mask on.



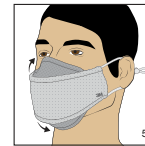
**2.** Handling by the loops, check the condition of the mask. If visibly damaged, discard the mask.



**3.** 3M logo should face up and be on the outside of the mask.



**4.** Put the loops around your ears. Use both hands to bend metal noseclip to rest snugly against your nose and face.



**5.** Pull the mask under your chin and ensure the mask is snug against your face.



**6.** Remove mask by handling at the loops only.

## How to Wash

Hand wash mask vigorously with soap and warm water for at least 5 minutes. Rinse and air dry.



### Show you care by wearing a mask in public places.

Along with social distancing, wearing a face mask is an important way to show you care about your community's well-being. The 3M™ Daily Face Mask can be your go-to option during everyday activities like working, shopping traveling and personal appointments.

**Important Safety Information:** If you have health conditions such as asthma, heart conditions or respiratory conditions, you must consult your health care provider (doctor) before use.

To learn more about 3M's response to COVID-19, [click here](#).

\*If you have questions, call 1-800-537-2191.