



TIPS FOR USING MASKS AND GLOVES

GOVERNOR MURPHY PASSED AN EXECUTIVE ORDER REQUIRING THE USE OF FACIAL COVERINGS FOR THE GENERAL PUBLIC WHEN ENTERING AN ESSENTIAL RETAIL STORE.

YOU CAN FIND MORE INFORMATION ON HOW TO MAKE AND USE A CLOTH FACE COVERING HERE:

www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html

PLEASE REMEMBER THAT **SOcial DISTANCING** IS STILL THE BEST MEANS OF SLOWING THE SPREAD OF THE VIRUS!

CLOTH MASK DO's & DONT's



- COVER MOUTH AND NOSE WITH CLOTH FACE COVERING
- CLOTH COVERINGS MUST BE TIGHT FITTING
- WASH HANDS BEFORE AND AFTER PUTTING ON YOUR CLOTH FACE COVERING
- WHEN TAKING OFF THE CLOTH FACE COVERING, USE THE EAR ELASTICS TO REMOVE
- WASH IMMEDIATELY AFTER USE
- PRACTICE SOCIAL DISTANCING EVEN WHILE WEARING THE FACE COVERING



- DON'T TOUCH THE CLOTH FACE COVERING WITHOUT WASHING YOUR HANDS FIRST
- DON'T TOUCH THE CLOTH FACE COVERING WHILE WEARING IT
- DON'T TOUCH YOUR FACE WHILE WEARING IT
- DON'T EAT, DRINK, OR SMOKE WHILE WEARING THE CLOTH FACE COVERING
- MOVE THE CLOTH FACE COVERING TO TALK
- DON'T DISPOSE OF YOUR MASK ON THE GROUND, IN A PARKING LOT, STREET ETC.

GLOVE USE



IF WEARING GLOVES A FEW REMINDERS

- GLOVES ARE NOT TO BE WORN IN PLACE OF HANDWASHING
- DO NOT WEAR GLOVES TO EAT, DRINK, SMOKE OR ADJUST YOUR MASK
- GLOVES MUST BE DISPOSED OF IN THE TRASH. DO NOT THROW ON THE GROUND, IN A PARKING LOT, STREET, ETC.
- WASH HAND THOROUGHLY WITH SOAP AND WATER BOTH BEFORE AND AFTER WEARING GLOVES

GLOVES ARE LIKE A SECOND LAYER OF SKIN. IF YOU WOULDN'T DO SOMETHING WITHOUT WASHING YOUR HANDS FIRST, DONT DO IT WITH GLOVES ON!

LAST BUT CERTAINLY NOT LEAST, THE CDC RECOMMENDS **CLOTH FACE COVERINGS**, SO PLEASE SAVE N95'S AND MEDICAL MASKS FOR OUR FRONT LINE HEALTH CARE WORKERS AND FIRST RESPONDERS!



MORRIS TOWNSHIP HEALTH DEPARTMENT