



Coronavirus Disease 2019 (COVID-19)

How to Knot and Tuck Your Mask to Improve Fit

Knot & Tuck

There's a simple way to make your disposable mask fit better, which can make it more effective at protecting you against COVID-19.

Fold Mask

First, fold the mask from edge to edge.

Tie Knot

Then, make a knot in each ear loop. Push the knot as close to the edge of the mask as possible.

Fold and Tuck

Next, fold and tuck the extra material under the edges of the mask.

Hold the mask up to your face and gently push the nose wire against your nose so it fits snugly. Place the ear loops around your ears as you normally would to secure the mask. Be sure to remove any gaps in the mask around your nose and cheeks for the best protection.

Knot & Tuck

And this is what we call knot and tuck.