

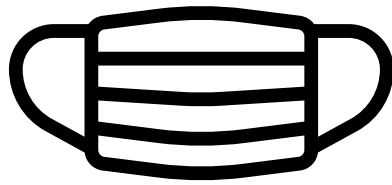
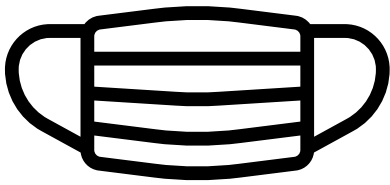
HOW TO WEAR A MASK WHILE CURLING

A mask should fit tightly over your nose and mouth.



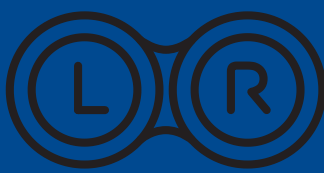
Try different styles to find one that's right for you.

Bring at least two masks.



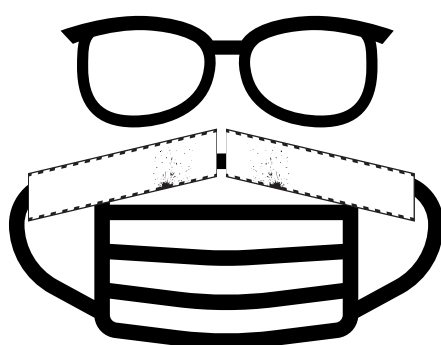
Your breath will make your mask wet and not as effective as time wears on.

Contact lenses are a better option than glasses.



This avoids the fogging issue.

If you must wear glasses:



- Try using medical tape along the top of your mask to prevent air rising.
- Use an anti-fog wipe or spray.

REMEMBER: If there is fogging, STOP and wait for it to clear.