



# Protect Yourself and Others - Wear a Mask -



## Why wear a mask?

- COVID-19 is mainly spread through droplets created when an infected person coughs, sneezes, or talks
- People can spread the virus even if they have no symptoms
- Anyone can get and spread COVID-19 - wear a mask to stop the spread



## When to wear a mask?

- Anytime you cannot be at least 6 feet away from other people



## How to wear a mask:

- ✓ Fully cover nose and mouth and secure under your chin
- ✓ Fit snugly but comfortably against the side of your face
- ✓ Wash cloth face coverings regularly in the washing machine

Above the nose

Under the chin



- ✗ Do not touch the front of your mask - if you do, wash your hands
- ✗ Avoid touching your eyes, nose, and mouth when removing your mask

