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

Avoid touching your eyes, nose, and mouth when removing your mask

Do not touch the front of your mask - if you do, wash your hands