



Choosing & Wearing Masks

During COVID-19



Should I wear a mask when I go outside?

Yes! Mask use has been shown to significantly decrease the spread of COVID-19. It's possible to be infected with the virus and spread it even without showing symptoms. Wearing a mask when you're near other people is an easy and effective way to reduce the spread of COVID-19. Many towns and cities require people to wear masks when you can not remain 6 feet from others - check your local news to stay up to date with local regulations. ***Thank you for wearing a mask and protecting your community.***



Choose

It's important to choose a mask that is comfortable and will stay in place when you wear it so you won't be tempted to touch your face.

Masks act as a barrier to limit transmission from the wearer to others. This is important because healthy people might be carrying and spreading the virus without knowing.



Cloth masks are the best option for most people. They're easy to buy or make and are safe to clean and reuse.



Surgical masks are designed for hospital staff to protect their faces from liquids. They are disposable and should be discarded after a single use.



N95 respirators are designed to protect the wearer from airborne particles. *N95s are needed for health care workers. If you have N95s, consider donating - you can look into how your local hospital is accepting donations or visit GetUsPPE.org/give.*



Wear

Putting it on:

- Make sure your mask is clean.**
- Wash your hands** before putting on the mask.
- Put on your mask so it covers your nose and mouth.** The fit should be snug so there's little to no gap between your face and the mask. You also want it to be comfortable, so you won't be tempted to touch it while you're out.

Taking it off:

- Wash or sanitize your hands** before taking off your mask.
- Touch only the elastic or the cloth ties** of your mask when removing it. Don't touch the outside of the mask or your face during this step - it could be contaminated.
- Wash or sanitize your hands again** after taking off your mask.
- You can wash your cloth masks with your laundry.** Try to wash them after every wear, and make sure they're dry before you wear them again.

Note: Remember to follow safety guidelines even when you're wearing a mask. Stay 6 feet away from others when possible, wash your hands often, and don't touch your face.

