

Why and how should I wear a mask?

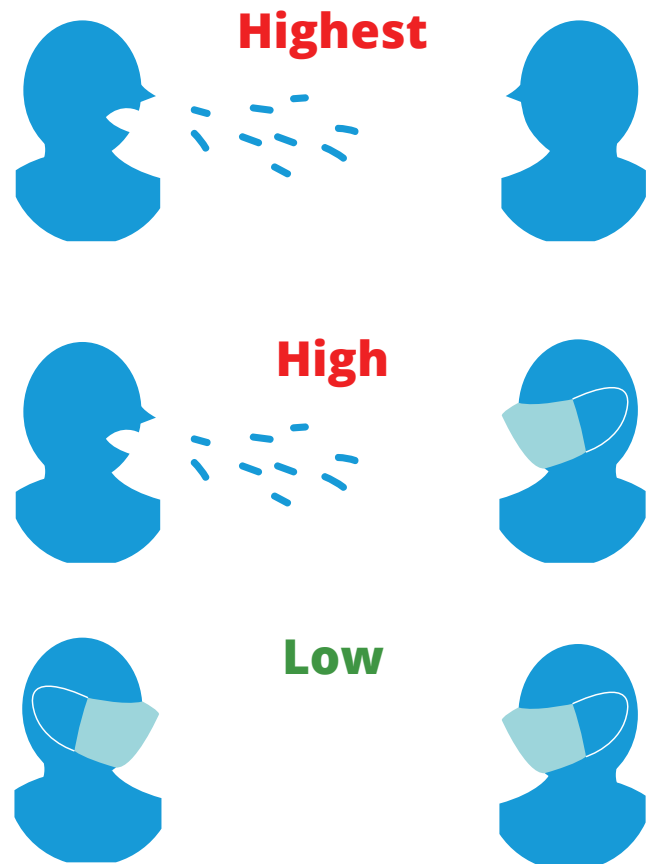
Why you should wear a mask:

- Wearing a mask prevents the spread of COVID-19 through respiratory droplets from coughing, sneezing and speaking.
- Without a mask, droplets from coughs and sneezes can travel up to 26 feet.
- People with COVID-19 can spread it to others, even if they have no symptoms.

How to properly wear a mask:

- Apply mask carefully and snugly, ensuring it covers mouth and nose, and tie it securely to minimize gaps.
- Avoid touching the mask while wearing it.
- Wash hands after removing mask.
- Change reusable masks daily.
- Discard single-use masks after use.
- Never share masks.

Risk of Transmission



ABOUT

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SOURCES

CDC, WHO, USA Today

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