

# THE WHYS AND HOWS OF FACE MASKS

When you wear a mask in public, you help **protect the people around you** from germs and help prevent the spread of the **coronavirus**. Learn the facts below—then mask up!

## WHY?



When you talk, laugh, or cough, **respiratory droplets** from your nose and mouth get released into the air. The droplets can contain germs, including the **coronavirus** (the virus that causes COVID-19).



Those droplets can travel through the air and **land in the nose or mouth** of someone nearby or get **inhaled into their lungs**.



According to the Centers for Disease Control and Prevention (CDC), face masks act as breathable barriers to stop the droplets from traveling into the air.



Even if you don't have symptoms and don't feel sick, you could still be a coronavirus carrier and infect others without realizing it. That's why wearing a mask in public is one of the best ways to stop the spread of the virus.

## HOW?

Don't forget these safety tips when you're wearing your mask.



**DO** use the ear bands to put it on and take it off.



**DO** keep both your nose AND your mouth covered.



**DO** wash your hands for 20 seconds before you put it on or you take it off.



**DON'T** touch the front of the mask or your face.



**DON'T** wear it on your chin or around your neck.



**DON'T** get too close to other people. Stay 6 feet apart, even with a mask on.

