

# **MASK UP! HELP STOP THE SPREAD OF COVID-19**

## **You can help!**

Maintaining a 6-foot social distance from other individuals remains one of the most important ways to slow the spread of COVID-19; however, recent studies have indicated that some people with coronavirus don't have any symptoms, and that even those who later develop symptoms can pass the virus to others before showing symptoms. Because of this new evidence, wearing cloth face coverings in public places where social distancing measures are difficult (like grocery stores, retail stores, indoor events, outdoor events, and houses of worship) can be done to help further slow the spread of COVID-19.

Masks or face coverings should be worn in indoor public spaces and anytime in public when you are near others who are not in your immediate household. Wearing a mask is about protecting others. When you wear a mask, you protect others, and when others wear a mask, they protect you. Wearing a face mask or covering is not a substitute for keeping a social distance of six feet from anyone not in your household.

## **Why wear a mask/face covering?**

- To protect others: When you wear a mask you protect others by preventing the spread of your own germs.
- Unknown COVID-19 status: You may have COVID-19 or have been exposed to the virus without showing symptoms.
- Protect the community: More people wearing masks results in better protection for everyone.

## **How to wear a mask/face covering?**

- Should fit snugly but comfortably against the side of the face.
- Should be secured with ties or ear loops.
- Should cover both your nose and mouth.
- Avoid touching/adjusting your mask.
- Should allow for breathing without restriction
- Wash your hands before putting on or taking off your mask.



## **Resources**

- <https://idph.iowa.gov/Emerging-Health-Issues/Novel-Coronavirus/Public>
- <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html>
- <http://ldh.la.gov/index.cfm/page/3940>



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