WEARING A MASK PREVENTS THE SPREAD OF CORONAVIRUS (COVID-19)

- COVID-19 is a real illness that is infecting people all over the world.
- The virus spreads through respiratory droplets when an infected person coughs, sneezes, talks, yells or sings.
- A person can have COVID-19 and not have any signs of sickness but can still spread the virus to others.

WHO SHOULD WEAR A MASK?
Everyone!
(But children under age 2 or people who cannot remove the mask without help should NOT wear one.)
WHEN SHOULD MASKS BE WORN?

- Any time you are outside your home
- Especially if you are around 10 or more people and you cannot stay 2 meters away from people

You should wear a mask when:

- Visiting markets or stores
- Using public transportation
- At your workplace
- In church or religious centers
- At special events like weddings or celebrations
- At sporting events
- Attending any public settings or gatherings
WHY SHOULD A MASK BE WORN?

- A mask stops the spread of the virus and protects you and others from getting sick!
- Everyone is at risk and can get sick
- Wearing a mask traps virus droplets and prevents them from reaching other people
- COVID-19 is a dangerous illness
- A person can become very sick and even die from it
- We must do everything we can to protect each other and stop the spread of COVID-19
IF I WEAR A MASK WILL I BE SAFE FROM COVID-19 AND NOT GET SICK?

- The more you do to protect yourself, the less chance you will get COVID-19

- Wear a mask outside your home, but also:
  - Wash your hands often with soap
  - Use hand sanitizer
  - Stay 2 meters away from other people
  - Don’t touch your face
  - Limit time spent in public places with lots of people
  - Cover your cough and sneezes

IF YOU DO THESE THINGS, YOU ARE LESS LIKELY TO GET SICK OR SPREAD COVID-19 TO OTHERS
HOW DO I WEAR A MASK?

- A mask should cover both your nose and mouth or it does not work right.
- Wearing a mask can be uncomfortable and can make it difficult for people to hear you, but it could save your life! When wearing a mask, talk louder and be sure to find a mask that fits well and gives you space to breathe.
HOW DO I TAKE CARE OF MY MASK?

Wash your mask frequently (preferably every day) with soap and hot water after use and place the mask in direct sunlight to dry.