# How masks protect us from **spreading and catching coronavirus disease 2019 (COVID-19).**

**High Risk**

**Medium Risk**

**Low Risk**

Coronavirus is spread in droplets.

Masks help block droplets.

**Wear a mask. Help stop the spread.**

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# How to Wear a Mask

COVID-19 spreads mainly through droplets produced when an infected person coughs, sneezes or talks. These droplets usually travel around 6 feet.

Wearing a mask in public settings or work environments where keeping a 6-foot distance from others may be diicult can help block these droplets and prevent the spread of coronavirus.

## Masks: Do This, Not That

Help stop the spread and wear a mask – the right way.

| DO | DON'T |
| --- | --- |
| wash or sanitize your hands before putting on your mask | use a mask that is dirty, wet or damaged |
| cover your mouth and nose | use a mask that is difficult to breathe through |
| make sure it fits snugly against the sides of your face | wear it so loose it falls down |
| use ties or ear loops to keep the mask in place | touch the front of the mask |

Keep up with the latest care advice at
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