

MASK INFORMATION

To stay healthy during COVID-19



The Centers for Disease Control (CDC) now recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies).

The CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.

If you are not having any symptoms and are going out in public, wearing a cloth face covering will help you from spreading any infection.

"My mask protects you, your mask protects me."

– Commissioner Jan Malcolm, MN Department of Health

ALTERNATIVE MASKS/FACE COVERINGS

Everyone not working in health care settings are advised to wear cloth face covering, like a scarf or a homemade or "alternative" mask in order to keep limited supplies of surgical or N95 masks available for health care professionals.

- Wearing a mask will not provide 100% protection against COVID-19.
- Wearing a mask protects OTHER people, because if you sneeze or cough while wearing it, the germs will not spread to others as much.



DO:

- Cover your nose and mouth.
- Wear a CLEAN mask.
- Wash hands after removing a mask.
- Wash masks and dry at a high temperature.

DON'T:

- Reuse mask without washing.
- Hang around your neck or off one ear.
- Touch your face when removing the mask.
- Buy or wear surgical or N95 masks.

ALWAYS REMEMBER

Wearing a mask DOES NOT protect you from others who may spread the virus. So, whether or not you wear a mask, you still need to:

- ✓ Maintain social distancing - Six feet between others.
- ✓ Cover your cough and sneezes.
- ✓ Wash your hands frequently - for 20 seconds.
- ✓ Avoid touching your face - especially eyes, nose and mouth.
- ✓ Wipe down surfaces regularly.