

Winter 2020

## Guide to Mask Wearing 101

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### Recommended Citation

Hason, LaiQuannah; Kinsey, Jeremiah; and O'Connor, Kevin, "Guide to Mask Wearing 101" (2020). *Foundations of Public Health - Infographics*. Paper 11.

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# GUIDE TO MASK WEARING 101

Wearing a mask protects yourself and others

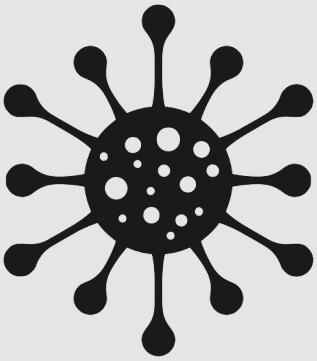
## 1 WHO



Everyone should wear a mask, except those who:

- Are younger than 2 years old
- Have trouble breathing
- Are unconscious, incapacitated or otherwise unable to remove the mask without assistance

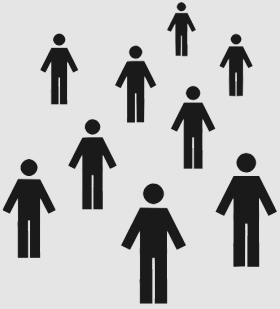
## 2 WHAT



Most people should wear either a fabric mask or a non-medical disposable mask. You should wear a medical mask if you are:

- Feeling sick.
- Working in a clinical medical setting.
- Caring for someone with Covid-19.
- 60 years old or older or have underlying health conditions, and if you can't maintain social distancing.

## 3 WHEN



Masks should be worn:

- When it is not possible to social distance.
- In combination with social distancing.
- Around others outside of household.
- When experiencing symptoms related to Covid-19.

## 4 WHERE



Wear a mask when you are:

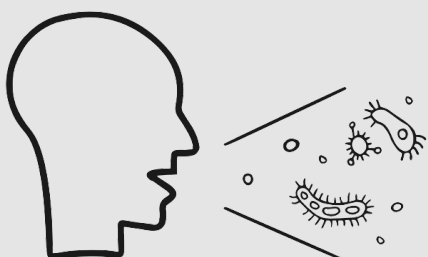
- In a crowd
- In a poorly ventilated space
- Indoors
- In any place where masks are mandated

## 5 HOW



- Make sure your mask covers your nose, mouth, and chin.
- Make sure your mask fits snugly against the sides of your face—no gaps!
- Choose a fabric mask with 2 or more layers of washable, breathable fabric.
- Wash your hands before and after touching the mask.

## 6 WHY



COVID-19 spreads through droplets formed when breathing, talking, coughing, sneezing, or singing.

- Your mask helps protect others if you are infected.
- Your mask helps protect you if others are infected.