

Winter 2020

Protect Others & Mask Up

Nkeiruka Ashiedu

Thomas Jefferson University, nkeiruka.ashiedu@students.jefferson.edu

Rachel Gee

Thomas Jefferson University, rachel.gee@students.jefferson.edu

Alexis Henderson

Thomas Jefferson University, alexis.henderson@students.jefferson.edu

Melissa Klein

Thomas Jefferson University, melissa.klein@students.jefferson.edu

Follow this and additional works at: <https://jdc.jefferson.edu/mphprojects>



Part of the [Infectious Disease Commons](#), and the [Public Health Commons](#)

[Let us know how access to this document benefits you](#)

Recommended Citation

Ashiedu, Nkeiruka; Gee, Rachel; Henderson, Alexis; and Klein, Melissa, "Protect Others & Mask Up" (2020). *Foundations of Public Health - Infographics*. Paper 6.

<https://jdc.jefferson.edu/mphprojects/6>

This Article is brought to you for free and open access by the Jefferson Digital Commons. The Jefferson Digital Commons is a service of Thomas Jefferson University's [Center for Teaching and Learning \(CTL\)](#). The Commons is a showcase for Jefferson books and journals, peer-reviewed scholarly publications, unique historical collections from the University archives, and teaching tools. The Jefferson Digital Commons allows researchers and interested readers anywhere in the world to learn about and keep up to date with Jefferson scholarship. This article has been accepted for inclusion in Foundations of Public Health - Infographics by an authorized administrator of the Jefferson Digital Commons. For more information, please contact: JeffersonDigitalCommons@jefferson.edu.

Protect Others & Mask Up

Who is at Risk?

Older Adults & Elderly Adults

People with Underlying Health Conditions

Immunocompromised Individuals

Tip #1

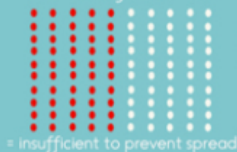
Keep extra masks in your car, bag or purse.

Tip #2

Try different types of masks to see which may be more comfortable.

Wear a Mask Daily when interacting with others.

Masking at 50%



Wash your hands with soap and water for at least 20 seconds.



Using sanitizer that is 60-95% alcohol is recommended.



Avoid touching your face, mouth, and eyes.

Good Hand Hygiene is important to stop the spread of Covid.

Practice Social Distancing

Stay 6 feet apart and promote social distancing within your social groups.



Protect Others & Mask Up

Who is at Risk?

Older Adults
&
Elderly Adults

People with
Underlying Health
Conditions

Immunocompromised
Individuals

Tip #1

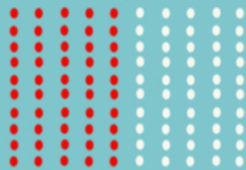
Keep extra masks in your car, bag or purse.

Tip #2

Try different types of masks to see which may be more comfortable.

Wear a Mask Daily when interacting with others.

Masking at 50%



= insufficient to prevent spread



Wash your hands with soap and water for at least 20 seconds.



Using sanitizer that is 60-95% alcohol is recommended.



Avoid touching your face, mouth, and eyes.

Good Hand Hygiene is important to stop the spread of Covid.

Practice Social Distancing

Stay 6 feet apart and promote social distancing within your social groups.



Bibliography

Centers for Disease Control and Prevention. (2020, May 17). *Hand Hygiene Recommendations*.

CDC. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/hand-hygiene.html>

Centers for Disease Control and Prevention. (2020, September 11). *Do I need to Take Extra Precautions Against COVID-19*. CDC.

https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fneed-extra-precautions%2Fpeople-at-increased-risk.html