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## Why am I Wearing a Mask if I Don't Feel Sick?

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# Why am I wearing a mask if I don't feel sick?



Wearing a mask over your nose and mouth reduces the spread of the virus



COVID-19 can spread while breathing, speaking, singing, coughing and sneezing.



It doesn't only protect you, but also the people around you



Not everyone carrying COVID-19 feels sick but can still spread it

In fact, about 50% of cases are spread this way.



If you are not able to stay 6 feet apart from someone, use a mask as protection

Source: CDC

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