#WearAMask

Wearing a Face Covering: Myth Vs. Fact

MYTH: I don't have COVID. I don't need to wear a mask.

FACT: COVID can be spread by people who show no symptoms. Wearing a face covering in public can help reduce this kind of transmission.

MYTH: If I'm just running into the store for a quick trip, I don't need to wear a mask.

FACT: Everyone over the age of 2 years old should wear a face covering when in public (especially when social distancing is difficult or impossible).

MYTH: I've already had COVID, so don't need to wear anything anymore.

FACT: With infected with COVID-19, a face covering helps keep the respiratory droplets that carry COVID-19 contained so they don't spread to other people. It's unclear how long any immunity protection may last, so all are encouraged to continue wearing a mask when out.

MYTH: Due to medical problems, I can't wear a face mask so I'll just risk it.

FACT: There are options that slow the spread of COVID for those unable to wear facemasks. The CDC website has guidance and alternatives.

Source: CDC

How to Wear a Face Covering

- Your face covering should **cover both your nose and mouth**.
- It should **fit snugly against the sides of your face**, and **should never be worn below the chin or on the forehead**.
- If your face covering is made of cloth, be sure to **wash it after each use**.
- Need help making your own mask? **Visit the CDC website for simple how-to directions.**

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