

Why, when and where to wear a mask

With the spread of COVID-19 and the new masking policies that have resulted, you may have questions. Here's what to know:

Why wear a mask:

- To protect others. Any mask will act as a barrier to droplets that come out of your nose and mouth when you sneeze, cough, talk, laugh or even breathe. Because you can carry the COVID-19 virus without having symptoms, wearing a mask is important to protect the people around you.
- To protect yourself. Masks help to filter the air you breathe in. If someone sneezes or coughs nearby, you'll inhale less of their respiratory droplets when you're wearing a mask.
- Certain masks are more effective than others at blocking very small droplets, which can still contain millions of viruses. Commercially produced masks, which have very small holes or pores for ventilation, block more droplets than homemade cloth masks, which have larger holes between the threads.

When to wear a mask:

- Anytime you're in public. The CDC recommends wearing a mask or cloth covering your nose and mouth whenever you go into a public setting, such as a grocery store or pharmacy. And don't forget to keep at least 6 feet of distance between yourself and anyone else.

Where to wear a mask:

- While at work
- While going to or from your vehicle
- Never lay your mask down on a counter, desktop or other surface that could transmit infection

For more information, visit:

[cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html)