



**Stay safe.
Wear a mask.**

Geisinger

With the spread of COVID-19 and lots of talk about masking, you may have questions. Here's what to know:

Why to wear a mask:

- **It's safer for others.**
Masks block droplets that come out of your nose and mouth when you sneeze, cough, talk, laugh or even breathe. And because you can carry the COVID-19 virus without any symptoms, a mask is important protection for the people around you.
- **It's safer for you.**
Masks help filter the air you breathe. If someone sneezes or coughs nearby, you'll inhale less of their respiratory droplets when you're wearing a mask.

Where to wear a mask:

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

When you take off your mask, keep it in a clean, dry place.

Never lay your mask down on a counter or other surface that could transmit infection.

