

SLOW THE SPREAD: WEAR A MASK

Wearing a mask or cloth face covering is an act of kindness.

Talking, breathing, coughing, singing, and sneezing cause invisible droplets to be projected into the air. A cloth face covering helps prevent droplets from reaching those around you.



Consider the health of your neighbors and wear a mask if you are able.

Your mask protects me, my mask protects you.

We are all in this together!

Remember:

- Wash your mask frequently
- Do not share your used mask with others
- Like any skill, wearing a mask gets easier with practice
- Even when wearing a mask, try your best to stay six feet from others



Stay healthy. Stay connected.