WEAR A MASK
STOP THE SPREAD OF COVID-19

Wearing a mask is vital to slow the spread of COVID-19. You can spread COVID-19 to others even if you do not have any signs or symptoms. The mask is meant to protect other people from getting infected in case you are sick.

WHEN TO WEAR YOUR MASK

- Everyone should wear a mask in public settings and when around people who don't live in your household, especially when other social distancing measures are difficult to maintain.

- Masks should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

- The mask is not a substitute for social distancing. Continue to keep about 6 feet between yourself and others.

- Please remember that there are people who may not be able to medically wear a mask. That is why it is so important for you to do so.

HOW TO WEAR YOUR MASK

- Wear a mask that covers your nose and mouth to help protect others in case you're infected with COVID-19 but are not showing signs or symptoms

- Wear a mask correctly for maximum protection

- **Don't** put the mask around your neck or up on your forehead

- **Don't** touch the mask, and, if you do, wash your hands or use hand sanitizer to disinfect

- Wash your hands before putting on your mask

- Put it over your nose and mouth and secure it under your chin

- Try to fit it snugly against the sides of your face

- Make sure you can breathe easily

michigan.gov/MaskUpMichigan

Citation: CDC. (2020, June 28). Use Masks to Help Slow Spread. Retrieved September 21, 2020, from https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html

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