WEARING A FACE MASK...

RECENT RESEARCH SUGGESTS THAT PEOPLE WITHOUT SYMPTOMS CAN INFECT OTHERS WITH COVID-19. You can spread COVID-19 without ever knowing you have it or before developing symptoms. Wearing a face mask in public is just one way you can avoid spreading COVID-19 to others. Cloth face coverings should not be placed on young children under age 2 or anyone who has trouble breathing.

WHAT DOES WEARING A FACE MASK DO?

- It helps prevent YOU from infecting others
- It creates a barrier between you and those around you
- It may help slow the spread of COVID-19
- Masks are only effective if used in combination with COVID-19 guidelines Including: social distancing, staying at home, frequent handwashing, and not going out if you are sick

WHAT DOES WEARING A FACE MASK NOT DO?

- Wearing a face mask does NOT guarantee you will not become sick
- Wearing a face mask does NOT lessen the need for social distancing
- Wearing a face mask does NOT mean it is safe for you to spend time in public
- Wearing a face mask does NOT mean you can be less than 6 feet away from others
- Wearing a face mask will NOT stop the spread of COVID-19 without other measures like social distancing, staying at home, and washing your hands frequently

WHAT MUST I DO WHEN WEARING A FACE MASK?

- You MUST follow social distancing guidelines
- You MUST observe stay-at-home procedures
- You MUST avoid touching your face, eyes, nose, and mouth and the mask
- You MUST wash your hands for 20 seconds after touching surfaces
- You MUST stay home if you are exhibiting any COVID 19 symptoms such as fever, cough, or shortness of breath

WHAT ELSE DO I NEED TO KNOW ABOUT WEARING A FACE MASK SAFELY?

- Before touching or putting on a mask wash your hands for 20 seconds
- Make sure your mouth and nose are covered
- There should be no gaps between your face and the mask
- Avoid touching or adjusting the mask while using it
- To avoid contaminating the mask or spreading germs, wash your hands with soap and water for 20 seconds every time before and after touching your mask

DIRTY MASKS SPREAD DISEASE

- Do not share masks
- Replace the mask with a new one as soon as it becomes damp
- Immediately put used masks in the washing machine, if able, then wash your hands for 20 seconds
- Launder the mask after every single use or if it becomes damp
- Wash and dry the mask at the highest temperature setting for the fabric
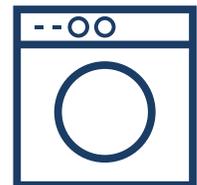
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health.mo.gov/coronavirus
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