



# PROTECT ONE ANOTHER: WEAR A FACE COVERING

- ▲ **The CDC recommends that everyone wear cloth face coverings when leaving their homes, regardless of whether they have fever or symptoms of COVID-19. This is because of evidence that people with COVID-19 can spread the disease, even when they don't have any symptoms.**

## ▼ **How Do Cloth Face Coverings Work?**

Cloth face coverings may prevent the person wearing the mask from spreading respiratory droplets when talking, sneezing, or coughing. If everyone wears a cloth face covering when out in public, such as going to the grocery store, the risk of exposure can be reduced for the community.

## ▲ **General Considerations:**

When using a face covering, make sure:

- The mouth and nose are fully covered.
- It fits snugly against the side of the face with no gaps.
- The covering is secured to prevent slipping.

