

# Stop the Spread of COVID-19

## Wear a mask or face covering

Always wear a mask or face covering when you're in public – even outdoors. You could have COVID-19, have no symptoms, and still infect other people. Masks can help prevent the spread of the virus. Masks protect other people.



**Wash your hands before putting your mask on and after taking it off.** Don't touch the front of the mask. Handle it only by the ear loops or ties.



**Cover your nose and mouth with the mask.** Pull the bottom down under your chin. Adjust it until it fits snugly against the sides of your face. Your mask should not restrict breathing.



**Remember, your mask must cover your nose and mouth at all times.**