

THE
ONLY



Filter

YOU
NEED

**Wear a mask or
face covering
to protect others.**

When worn properly, a person wearing a mask or face covering can help reduce the spread of COVID-19.

Face masks or face coverings should:

- » Allow for easy breathing
- » Fit the head securely using ties or loops
- » Maintain their shape after washing and drying
- » Be changed as soon as possible if damp or dirty
- » Be comfortable and not require frequent adjustment
- » Be made of at least two layers of tightly woven material/fabric (such as cotton or linen)
- » Be large enough to completely and comfortably cover the nose and mouth without gaping

Remember, wearing a mask or face covering alone will not prevent the spread of COVID-19. You must also wash your hands often, practice physical distancing and stay home if you are sick.